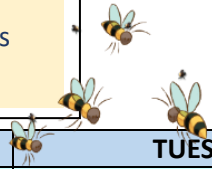
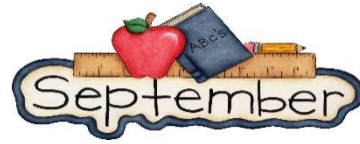
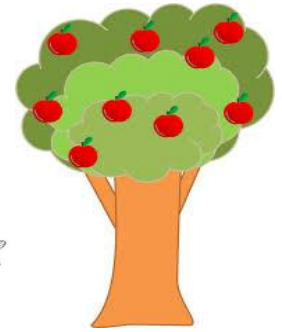


Meals fall in the following ranges:
 Calories: 650-750
 Protein: 25 grams or higher
 Fat: 20-30% of calories
 Calcium: 400 mg or higher
 Sodium: 800-1,000 mg or less
 Fiber: 9 gm or higher

Senior Center Menu – September 2023

Lunches served on weekdays from 11:15 a.m. – 1:15 p.m. - All ages welcome
 For information, call the Senior Center at (785) 827-9818 - www.salinecountyks.gov



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1. Omelets (<i>made to order</i>) or Scrambled Eggs with Sausage Patties Biscuits & Gravy Mandarin Oranges
4. Closed in Observance of Labor Day 	5. Turkey Meatballs with a Cranberry Glaze White Rice Peas & Carrots Sliced Peaches Wheat Bread with Butter	6. Roast Beef Mashed Potatoes & Gravy Cheesy Broccoli Cherry Crisp Dinner Roll with Butter	7. BBQ Chicken Leg Quarter Mixed Vegetables Mandarin Oranges Wheat Bread with Butter	8. Chili Glazed Cod Wild Rice Buttered Carrots Peanut Butter Cake Wheat Bread with Butter
11. Sausage & Cabbage Bake Mixed Vegetables Tropical Fruit Wheat Bread with Butter	12. BBQ Pulled Pork Sandwich Baked Beans Mac & Cheese Pears Wheat Bun 	13. Fried Chicken Mashed Potatoes & Gravy Buttered Sweet Corn Birthday Cake by Interim Dinner Roll with Butter	14. Homemade Swiss Steak Mashed Potatoes with Gravy Loaded Green Beans Brownie Pudding Dessert Wheat Bread with Butter	15. Beer Brats with Kraut California Blend Vegetables Sliced Pears Wheat Bun 
18. Chicken & Noodles Mashed Potatoes Mixed Vegetables Pineapple Chunks Wheat Bread with Butter	19. Pork Fritter Sandwich Steak Fries Buttered Carrots Sliced Peaches & Pears Bun	20. Chicken Fried Steak Mashed Potatoes & Gravy Buttered Sweet Corn Pumpkin Bars Dinner Roll with Butter	21. Cheeseburger Soup California Blend Vegetables Sliced Peaches Wheat Bread with Butter	22. Chicken Strips Mashed Potatoes & Gravy Broccoli Sliced Pears Wheat Bread with Butter
25. Lasagna California Blend Vegetables Sliced Peaches Bosco Bread Cheese Stick	26. French Onion Chicken Rice Pilaf Buttered Peas & Carrots Fruit Cocktail Wheat Bread with Butter	27. Meatloaf or Liver & Onions Mashed Potatoes & Gravy Loaded Green Beans Black Forest Cake Dinner Roll with Butter	28. Pasta Bar Choice Meatballs with Marinara or Homemade Chicken Alfredo Mixed Vegetables Fruit Cocktail Garlic Bread	29. Chicken Enchilada Spanish Rice Refried Beans Churro 