

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 – March 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.saline.org

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1. Fried Chicken Mashed Potatoes & Gravy Buttered Sweet Corn Birthday Cake Dinner Roll with Butter	2. Dorito Taco Bake or Pork Tenderloin Fritter Sandwich Baby Baker Potatoes Winter Blend Vegetables Diced Pears Wheat Bread w/ Butter / Bun	3. Breaded Fish Sandwich or Chicken Tortellini Soup Au Gratin Potatoes Mixed Vegetables Sliced Peaches Wheat Bun
6. Lasagna or Loaded Baked Potato Soup Seasoned Broccoli Fruit Cocktail Bosco Cheese Bread Stick	7. French Onion Chicken or Patty Melt White Rice Winter Blend Vegetables Wheat Bread with Butter	8. BBQ Riblet Sandwich Baked Potato Soup Sweet Potatoes Seasoned Mixed Vegetables Pineapple Tidbits Wheat Bread with Butter	9. Salisbury Steak or Liver and Onions Mashed Potatoes & Gravy California Blend Vegetables Cherry Cobbler Dinner Roll with Butter	10. Fried Catfish or Loaded Baked Potato Soup Collard Greens Sliced Apples Cornbread with Butter
13. Roast Beef or Tomato Bisque Mashed Potatoes & Gravy Buttered Corn Jell-O Cake Dinner Roll with Butter	14. Hawaiian Chicken or Philly Cheesesteak Wrap Rice Pilaf Capri Blend Vegetables Pineapple Chunks Wheat Bread with Butter	15. Meatloaf or Tomato Bisque Mashed Potatoes & Gravy Loaded Green Beans Hot Fudge Cake Dinner Roll with Butter	16. Paprika Pork or Ranchero Steak Wrap Wild Rice California Blend Vegetables Mandarin Oranges Wheat Bread / Tortilla	17. <u>Saint Patty's Day Meal</u> Irish Stew Sauté Cabbage Grasshopper Brownie Buttered Biscuit
20. Chicken Florentine or Cheesy Broccoli Soup Rice Pilaf Buttered Carrots Tropical Fruit Wheat Bread with Butter	21. Bacon Cheeseburger or BBQ Pulled Pork Baked Beans Diced Pears Wheat Bun	22. Chicken Fried Steak or Cheesy Broccoli Soup Mashed Potatoes & Gravy Buttered Sweet Corn Apple Crisp Dinner Roll with Butter	23. Goulash or Hot Ham & Cheese Sandwich Loaded Green Beans Fruit Cocktail Wheat Bread with Butter	24. Tuna Skillet Melt or Cheesy Broccoli Soup Seasoned Peas & Carrots Mandarin Oranges Wheat Bread with Butter
27. Chicken & Noodles or Cheeseburger Soup Mashed Potatoes Seasoned Mixed Vegetables Peaches & Pears Dinner Roll with Butter	28. Smothered Pork Chop or Reuben Sandwich Au Gratin Potatoes Capri Blend Vegetables Tropical Fruit Wheat Bread with Butter / Rye Bread	29. Chicken Strips Cheeseburger Soup Mashed Potatoes & Gravy Buttered Carrots Dump Cake Dinner Roll with Butter	30. BBQ Meatballs or Chipotle Chicken Grilled Cheese White Rice Pineapple Tidbits California Blend Vegetables Wheat Bread with Butter	31. Chili Glazed Cod or Cheeseburger Soup Rice Pilaf Cheesy Winter Blend Veggie Sliced Apples Wheat Bread with Butter