

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 2025

Lunches served on weekdays from 11:15 am to 1:15 pm - All ages welcome  
 For information, call the senior Center at (785) 837-9818 - [www.salinecountyks.gov](http://www.salinecountyks.gov)



3/3/2025	3/4/2025	3/5/2025	3/6/2025	3/7/2025
Breaded Chicken Sandwich with Cheese and Toppings Diced Peaches Broccoli with Cheese Bun	Beef Goulash Peas & Carrots Fruit Cocktail Garlic Bread	Fried Chicken Mashed Potatoes with Gravy Sweet Buttered Corn Dinner Roll with Butter Cupakes <i>provided by Interm Healthcare</i>	Smoked Sausage Sandwich with Peppers & Onions Potato Chips Lime Jello w/Pears Bun	Mac & Cheese w/Ham Green Beans Pineapple Chunks Wheat Bread with Butter
3/10/2025	3/11/2025	3/12/2025	3/13/2025	3/14/2025
Sloppy Joe Sandwich Buttered Peas Diced Peaches Bun	Tater Tot Casserole Candied Carrots Strawberry Applesauce Wheat Bread with Butter	Meatloaf or Liver & Onions Mashed Potatoes with Gravy Fried Cabbage Chocolate Cake Dinner Roll with Butter	Spaghetti w/Meat Sauce Steamed Broccoli Fruit Cocktail Garlic Bread	Chicken Enchilada Bake Spanish Rice Pears Jalapeno Cornbread
3/17/2025	3/18/2025	3/19/2025	3/20/2025	3/21/2025
Irish Hamburger Stew Fried Cabbage Shamrock Cake Dinner Roll with Butter 	Tuna Noodle Casserole Buttered Broccoli Fruit Cocktail Wheat Bread with Butter	Chicken Strips Mashed Potatoes with Gravy Buttered Carrots Pineapple Chunks Wheat Bread with Butter	Brown Sugar Ham Cornbread Stuffing Cheesy Cauliflower Applesauce Dinner Roll with Butter	Rotini Casserole Garlic Green Beans Mandarin Oranges Dinner Roll with Butter
3/24/2025	3/25/2025	3/26/2025	3/27/2025	3/28/2025
Beer Battered Fish Sandwich Broccoli & Cauli w/ Cheese Jello Cake Bun	Sweet & Sour Chicken Rice Medley Stir Fry Veggies Chocolate Cake Wheat Bread with Butter	Chicken Fried Steak Mashed Potatoes with Gravy Peas & Carrots Peanut Butter Bars Dinner Roll with Butter	Homemade Chili Cilantro Rice Cornbread Cinnamon Applesauce Wheat Bread with Butter	Creamy Herb Chicken Rice Pilaf Seasoned Green Beans Fruit Cocktail Wheat Bread with Butter
3/31/2025				
Chili Hot Dog w/Cheese Cali Blend Veggies Pineapple Chunks Bun				