

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

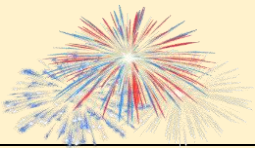






Senior Center Menu – January 2023

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



HAPPY★NEW★YEAR



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2. Closed in Observance of New Year's Day 	3. Chicken Bacon Ranch Pasta or Italian Sausage Skillet with White Rice Seasoned Broccoli Sliced Peaches Wheat Bread with Butter 	4. Fried Chicken Mashed Potatoes & Gravy Buttered Sweet Corn Birthday Cake Dinner Roll with Butter	5. BBQ Riblet Sandwich or Meatball Sub Capri Blend Vegetables Fruit Cocktail Hoagie Roll 	6. Lemon Peppered Cod or Butternut Squash Soup Wild Rice Peas & Carrots Pineapple Tidbits Wheat Bread with Butter
9. Chicken & Noodles with Mashed Potatoes or Loaded Baked Potato Soup Seasoned Mixed Vegetables Mandarin Oranges Dinner Roll with Butter	10. Beef Stew or Chicken Fajita Pasta Seasoned Peas Applesauce Buttered Biscuit 	11. Bacon Cheeseburger or Loaded Baked Potato Soup Baked Beans Lemon Bars Wheat Bread with Butter	12. Salisbury Steak or Liver & Onions Mashed Potatoes & Gravy California Blend Vegetables Spiced Apples Dinner Roll with Butter	13. Hawaiian Chicken or Loaded Baked Potato Soup Rice Pilaf Winter Blend Vegetables Tropical Fruit Wheat Bread with Butter
16. Closed in Observance of Martin Luther King Day 	17. Bierocks Seasoned Mixed Vegetables Pineapple Tidbits 	18. Meatloaf or Chili Mashed Potatoes & Gravy Loaded Green Beans Dump Cake Dinner Roll with Butter	19. Cashew Chicken or Apricot Glazed Pork White Rice Peas & Carrots Fruit Cocktail Wheat Bread with Butter	20. Smothered Pork Chop or Chili Cornbread Stuffing Cheesy Broccoli Applesauce Wheat Bread with Butter
23. Beer Brats with Kraut or Cheeseburger Soup Buttered Peas Mandarin Oranges Wheat Bun	24. Spaghetti & Meatballs or Chipotle Chicken Grilled Cheese Capri Blend Vegetables Brownie Garlic Bread	25. Chicken Fried Steak or Cheeseburger Soup Mashed Potatoes & Gravy Buttered Sweet Corn Hot Fudge Lava Cake Dinner Roll with Butter	26. Tator Tot Bake or Reuben Sandwich Buttered Carrots Diced Pears Wheat Bread with Butter	27. Tuna Noodles or Cheeseburger Soup Green Beans Fruit Cocktail Wheat Bread with Butter 
30. Lasagna or Chicken Tortellini Soup Mixed Vegetables Applesauce Bosco Cheese Bread Stick	31. BBQ Pulled Pork or Patty Melt Baked Beans Cherry Crisp Wheat Bun / Sourdough	