



Salina Senior Center Lunch Menu

August 2011

Lunches served on weekdays from 11:15 a.m. to 1 p.m. * All ages welcome
 For information or Carry-Out Meals, call the Senior Center at 827-9818



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Baked Steak Baked Potato Corn Brownie Wheat Bread	2 Salisbury Steak w/ Mashed Potatoes w/Gravy or Baked Potato Bar Peas Peaches Wheat Bread	3 Bacon Cheeseburger Baked Beans Winter Blend Vegetables Fresh Fruit Bun	4 Meatloaf Au gratin Potatoes Carrots Reece's Cake Wheat Bread	5 Chicken Salad w/ Roll or Grilled Reuben Sandwich Broccoli Salad Ambrosia Roll/ Rye Bread
8 Smothered Hamburger Steak Mashed Potatoes w/ Gravy Mixed Vegetables Cookie Wheat Bread	9 Chicken Enchilada or Sandwich Bar Spanish Rice Hominy Bake Fresh Fruit Churro/ Hoagie	10 Sloppy Joe Roasted Red Potatoes Cheesy Cauliflower Make Your Own Sundae's Bun	11 Lasagna Italian Blend Vegetables Peaches Cookie Breadstick	12 Liver & Onions or Chicken & Noodles Mashed Potatoes w/ Gravy Normandy Blend Vegetables Pineapple Wheat Bread
15 Chicken Fried Steak Mashed Potatoes w/ Gravy Peas & Carrots Cookie Wheat Bread	16 Italian Chicken w/Wild Rice or Baked Potato Bar Broccoli Bread Pudding Wheat Bread	17 Birthday Party Roasted Turkey Stuffing w/ Gravy Scandinavian Blend Vegetables Applesauce Roll	18 Baked Ham Sweet Potatoes Green Beans Apple Crisp Wheat Bread	19 Polish Sausage w/ Kraut or Bierocks Roasted Red Potatoes Mixed Vegetables Ice Cream Bar Bun
22 Chicken Pot Pie Peas & Carrots Pears Vanilla Pudding Surprise Biscuit	23 Lime Cilantro Tilapia or Sandwich Bar Wild Rice Green Beans Dump Cake Wheat Bread/ Hoagie	24 Red Hat Ladies Swiss Steak Mashed Potatoes w/ Tomato Gravy Scandinavian Blend Vegetables Mandarin Oranges Wheat Bread	25 Bacon Swiss Chicken Sand. Roasted Red Potatoes Winter Blend Vegetables Magic Cookie Bars Bun	26 Fish Sticks or Grilled Reuben Sandwich Au gratin Potatoes Peas Fresh Fruit Wheat Bread
29 Crystal Creek Band Chicken Strips Mashed Potatoes w/ Gravy Corn Fruit Cocktail Wheat Bread	30 Philly Cheese Steak or Baked Potato Bar Carrots Applesauce Chocolate Pudding Surprise Bun	31 Roast Beef Mashed Potatoes w/ Gravy Peas Apple Crisp Wheat Bread		