

# Washoe County Senior Nutrition

## December 2023

Monday	Tuesday	Wednesday	Thursday	Friday
 <p>Washoe County Senior Services 775.328.2575 www.washoecounty.us/seniorsrv</p>	<p>Meals are offered to seniors 60 and older for a suggested \$2.00 donation</p> <hr/> <p>Individuals under 60 may purchase a meal for \$4.00</p> <hr/> <p>Milk &amp; condiments served with meals</p> <hr/> <p>*A substitute item prepared with less sugar will be available.</p>	 <p>an elior company</p>		<p>1</p> <p><b>Tuna Noodle Au Gratin</b> Lima Beans Garden Vegetable Blend Whole Grain Roll Fresh Apple</p> <p><b>Turkey Club Salad</b> <b>Ranch Dressing</b></p>
<p>4</p> <p><b>Potato Crusted Pollock</b> Macaroni and Cheese Whole Kernel Corn Multi-Grain Bread Fresh Orange Milk</p> <p><b>Chicken Caesar Salad</b> <b>Caesar Dressing</b></p>	<p>5</p> <p><b>Whole Grain Popcorn Chicken</b> Green and Gold Potatoes Spring Vegetable Blend Whole Wheat Bread Fresh Banana Milk</p> <p><b>Asian Pork Salad</b> <b>Asian Sesame Vinaigrette</b></p>	<p>6</p> <p><b>Beef Patty</b> Ranch Beans Hot Applesauce Whole Wheat Hamburger Bun Orange Juice Milk</p> <p><b>Southwest Chicken Salad</b> <b>Ranch Dressing</b></p>	<p>7</p> <p><b>Chicken Breast</b> <b>Spinach Artichoke Sauce</b> Lentil Vegetable Pilaf Garden Vegetable Blend Whole Grain Roll Fresh Apple</p> <p><b>Cottage Cheese &amp; Fruit Plate</b></p>	<p>8</p> <p><b>Swedish Meatballs</b> Whipped Potatoes Diced Carrots Multi-Grain Bread Fresh Banana Milk</p> <p><b>Tuna Salad</b> <b>1000 Island Dressing</b></p>
<p>11</p> <p><b>Chicken Rice Casserole</b> Brussels Sprouts Glazed Baby Carrots Multi-Grain Bread Fresh Apple</p> <p><b>Beef Lo Mein Salad</b> <b>Asian Sesame Vinaigrette</b></p>	<p>12</p> <p><b>Roasted Pork</b> <b>Brown Gravy</b> Garlic Whipped Potatoes Black-eyed Peas Whole Grain Roll Fresh Pear</p> <p><b>Turkey Club Salad</b> <b>Ranch Dressing</b></p>	<p>13</p> <p><b>Sweet and Sour Meatballs</b> Brown Rice Japanese Vegetable Blend Wheat Bread Fresh Orange</p> <p><b>Jamaican Pork Salad</b> <b>Orange Shallot Vinaigrette</b></p>	<p>14</p> <p><b>Whole Grain Breaded Fish</b> Hashbrowns Lima Beans Whole Wheat Hamburger Bun Orange Juice</p> <p><b>Beef Taco Salad</b></p>	<p>15</p> <p><b>Barbecue Chicken</b> Lemon Orzo Broccoli and Potatoes Multi-Grain Bread Fresh Banana</p> <p><b>Cottage Cheese &amp; Fruit Plate</b></p>
<p>18</p> <p><b>Spaghetti Meat Sauce</b> Parslied Spaghetti Noodles Broccoli Whole Wheat Bread Fresh Pear</p> <p><b>Chicken Cordon Bleu Salad</b> <b>Bleu Cheese Dressing</b></p>	<p>19</p> <p><b>Potato Crusted Pollock</b> <b>Dill Sauce</b> Brown Rice and Beans Cabbage Cornbread Fresh Banana</p> <p><b>Chef Salad</b> <b>Ranch Dressing</b></p>	<p>20</p> <p><b>Roasted Pork</b> <b>Creamy Garlic Sauce</b> Fall Vegetable Hash Green Beans Whole Grain Roll Fresh Orange</p> <p><b>Southwest Chicken Salad</b> <b>Ranch Dressing</b></p>	<p>21</p> <p><b>Chicken Breast</b> <b>Balsamic Onion Jam</b> Black Beans Brussels Sprouts and Corn Whole Grain Roll Fresh Apple</p> <p><b>Krab Salad</b> <b>1000 Island Dressing</b></p>	<p>22 ~Christmas Day Meal~</p> <p><b>Orange Glazed Turkey</b> Au Gratin Potatoes Green Beans with Red Peppers Whole Grain Roll Chocolate Mousse</p> <p><b>Chicken Club Salad</b> <b>Italian Dressing</b></p>
<p>25</p> <p><b>Closed for Holiday</b></p> <p><b>Christmas Day</b></p>	<p>26</p> <p><b>Lemon Pepper Pollock</b> Pinto Beans Glazed Baby Carrots Multi-Grain Bread Fresh Orange</p> <p><b>Beef Taco Salad</b></p>	<p>27</p> <p><b>Roasted Pork</b> <b>Honey Ginger Glaze</b> Lentil Vegetable Pilaf Broccoli Whole Grain Roll Fresh Banana</p> <p><b>Chicken Caesar Salad</b> <b>Caesar Dressing</b></p>	<p>28</p> <p><b>Beef Patty</b> <b>Brown Gravy</b> Whipped Potatoes Green Beans Cornbread Apple Juice</p> <p><b>Fall Harvest Chicken Salad</b> <b>Balsamic Vinaigrette</b></p>	<p>29 ~New Year's Day Meal and Birthday~</p> <p><b>Glazed Ham</b> Black-eyed Peas Cabbage Whole Grain Roll Fresh Pear Birthday Dessert*</p> <p><b>Cottage Cheese &amp; Fruit Plate</b></p>



**WASHOE COUNTY**  
**Nutrition Sites**  
**Monday - Friday**

**Senior Center in Reno**  
 775-328-2786  
 1155 E. 9th Street, Reno

Reservations at 9th Street Center  
**Hot Meal:** No reservation required  
**Salad Meal:** Make reservation by 8:30am  
 on the day of service. In person or  
 by phone at 775-328-2786

Snacks provide energy and nutrition to keep you fueled and focused throughout the day. The five food groups - vegetables, fruits, grains, protein, and dairy/dairy alternatives - provide unique health benefits that are part of a balanced diet. Try including foods from two or three food groups to create a delicious balanced snack combo.

**Food Group Why Important**

<b>Vegetables</b>	Contain key nutrients, like potassium, dietary fiber, folate, vitamin A, vitamin C, and numerous antioxidants
<b>Fruits</b>	Provide essential nutrients, such as potassium, fiber, vitamin C and folate, and numerous antioxidants
<b>Whole Grains</b>	Whole grains are shown to reduce the risk of some diseases and provide complex carbohydrates, dietary fiber, B vitamins and minerals like magnesium and selenium
<b>Protein</b>	Functions as building blocks for bones, muscles, cartilage, skin, and blood. Choose lean animal protein and plant-based options to lower saturated fat intake
<b>Dairy/Dairy Alternatives</b>	Build and maintain strong bones due to containing calcium, Vitamins A, B, D, phosphorous, riboflavin, protein, potassium, and zinc

**Simple Snack Combo Ideas**

- Whole Grain Crackers + Avocado + Turkey
- Greek Yogurt + Berries + Granola
- Carrots + Hummus
- Apple + String Cheese
- Tomato + Hardboiled Eggs
- Celery + Peanut Butter + Raisins
- Dried Fruit + Nut + Popcorn Trail Mix
- Tortilla + Banana + Almond Butter
- Granola Bar + Orange Slices



**Be Aware of Added Sugar and Salt**  
 When choosing a premade or packaged snack food, be sure to read the nutrition facts label for added sugar and salt. Too much added sugar and salt puts you at risk for disease. Aim for the lowest amount of each when selecting a snack.

The following sites require reservations for hot meal and salad meal. Make your reservation by 8:30am on the day the meal is served.

Thank you.

**Neil Road Rec Center**  
 775-328-2786  
 3925 Neil Road, Reno  
 Turn on Maudlin, last building on left

**Senior Center in Sparks**  
 775-353-3113  
 97 Richards Way, Sparks

**Metropolitan Gardens**  
 Sign up at site  
 325 E. 7th Street, Reno

**Senior Center in Sun Valley**  
 775-328-2786  
 115 W. 6th Avenue, Sun Valley

**Sierra Manor**  
 775-328-2786  
 2350 Paradise Drive, Reno

**Cold Spring Senior Center**  
 775-328-2786  
 3355 White Lake Pkwy, Reno

**Rainbow Bend**  
 775-328-2786  
 800 Peri Ranch Road, Lockwood

**Spanish Springs, Lazy 5 Regional Park**  
 775-328-2786  
 7100 Pyramid Way, Sparks

**Open Tuesday-Friday**  
**Senior Center in Gerlach**  
 775-557-2206

385 E. Sunset Blvd, Gerlach, NV 89412  
 (106 miles from Reno)

**Westbrook Community Center**  
 775-328-2786  
 315 Westbrook Lane, Lemmon Valley

