

Washoe County Senior Nutrition

November 2023



Monday	Tuesday	Wednesday	Thursday	Friday	
<p>Meals are offered to seniors 60 and older for a suggested \$2.00 donation</p> <p>Individuals under 60 may purchase a meal for \$4.00</p> <p>Milk & condiments served with meals</p> <p>*A substitute item prepared with less sugar will be available.</p>	 <p>an elior company</p>	<p>1</p> <p>Beef Patty Ranch Beans Hot Applesauce Whole Wheat Hamburger Bun Orange Juice Milk</p> <p><i>Southwest Chicken Salad Ranch Dressing</i></p>	<p>2</p> <p>Chicken Breast Spinach Artichoke Sauce Lentil Vegetable Pilaf Garden Vegetable Blend Whole Grain Roll Fresh Apple</p> <p><i>Cottage Cheese & Fruit Plate</i></p>	<p>3</p> <p>Swedish Meatballs Whipped Potatoes Diced Carrots Multi-Grain Bread Fresh Banana Milk</p> <p><i>Tuna Salad 1000 Island Dressing</i></p>	
<p>6</p> <p>Chicken Rice Casserole Brussels Sprouts Glazed Baby Carrots Multi-Grain Bread Fresh Apple</p> <p><i>Beef Lo Mein Salad Asian Sesame Vinaigrette</i></p>		<p>7</p> <p>Roasted Pork Brown Gravy Garlic Whipped Potatoes Black-eyed Peas Whole Grain Roll Fresh Pear</p> <p><i>Turkey Club Salad Ranch Dressing</i></p>	<p>8</p> <p>Sweet and Sour Meatballs Brown Rice Japanese Vegetable Blend Wheat Bread Fresh Orange</p> <p><i>Jamaican Pork Salad Orange Shallot Vinaigrette</i></p>	<p>9</p> <p>Whole Grain Breaded Fish Hashbrowns Lima Beans Whole Wheat Hamburger Bun Orange Juice</p> <p><i>Beef Taco Salad</i></p>	<p>10</p> <p><i>Closed for Holiday</i></p> <p><i>Veteran's Day Observed</i></p>
<p>13</p> <p>Spaghetti Meat Sauce Parslied Spaghetti Noodles Broccoli Whole Wheat Bread Fresh Pear</p> <p><i>Chicken Cordon Bleu Salad Bleu Cheese Dressing</i></p>		<p>14</p> <p>Potato Crusted Pollock Dill Sauce Brown Rice and Beans Cabbage Cornbread Fresh Banana</p> <p><i>Chef Salad Ranch Dressing</i></p>	<p>15</p> <p>Roasted Pork Creamy Garlic Sauce Fall Vegetable Hash Green Beans Whole Grain Roll Fresh Orange</p> <p><i>Southwest Chicken Salad Ranch Dressing</i></p>	<p>16</p> <p>Chicken Breast Balsamic Onion Jam Black Beans Brussels Sprouts and Corn Whole Grain Roll Fresh Apple</p> <p><i>Krab Salad 1000 Island Dressing</i></p>	<p>17</p> <p>Chili with Beans Potato Wedges Baby Carrots Cornbread Orange Juice Birthday Dessert*</p> <p><i>Chicken Club Salad Italian Dressing</i></p>
<p>20</p> <p>Chicken Alfredo Whole Kernel Corn Brussels Sprouts Whole Grain Roll Fresh Apple</p> <p><i>Jamaican Pork Salad Orange Shallot Vinaigrette</i></p>		<p>21</p> <p>Lemon Pepper Pollock Pinto Beans Glazed Baby Carrots Multi-Grain Bread Fresh Orange</p> <p><i>Beef Taco Salad</i></p>	<p>22 ~Thanksgiving Day Meal~ Sliced Turkey Breast Poultry Gravy Cornbread Dressing Herbed Green Beans Whole Grain Roll Pumpkin Bar</p> <p><i>Chicken Caesar Salad Caesar Dressing</i></p>	<p>23</p> <p><i>Closed for Holiday</i></p> <p><i>Thanksgiving Day</i></p>	<p>24</p> <p><i>Closed for Holiday</i></p> <p><i>Family Day</i></p>
<p>27</p> <p>Cheese Omelet Crispy Cubed Potatoes Stewed Tomatoes Whole Wheat Bread Fresh Banana</p> <p><i>Chicken Cordon Bleu Salad Bleu Cheese Dressing</i></p>	<p>28</p> <p>Parmesan Chicken Penne Pasta Broccoli Multi-Grain Bread Fresh Pear</p> <p><i>Beef Lo Mein Salad Asian Sesame Vinaigrette</i></p>	<p>29</p> <p>Cuban Shredded Pork Pinto Beans Whole Kernel Corn Whole Wheat Hamburger Bun Orange Juice</p> <p><i>Beef Taco Salad</i></p>	<p>30</p> <p>Meatloaf Brown Gravy Buttered Rice Parslied Carrots Multi-Grain Bread Fresh Orange</p> <p><i>Chef Salad Ranch Dressing</i></p>	 <p>Washoe County Senior Services 775.328.2575 www.washoecounty.us/seniorsrv</p>	

MAKE THE MOST OUT OF YOUR MEALS

CHOOSE NUTRIENT-DENSE FOODS

Nutrient-Dense Foods Explained

“Nutrient-dense foods and beverages provide vitamins, minerals, and other health-promoting components and have little added sugars, saturated fat, and sodium.” (Dietary Guidelines for Americans, 2020).

Fill Your Plate with Nutrient-Dense Choices

Vegetables & Fruits: fresh, frozen, low sodium canned

Whole Grains: oats, rice, ancient grains (like quinoa and barley), pasta, bread

Lean Animal or Plant-based Proteins: seafood, fish, poultry, eggs, legumes, nuts, seeds, tofu, tempeh

Nuts and Seeds: tree nuts, peanuts, all seeds (like sunflower, pumpkin and chia)

Beans, Peas, and Lentils: all beans, split peas, lentils

Fat-free and Low-fat Dairy or Plant-based Alternatives: unsweetened milk, low-sugar yogurt, cheese

Benefits of Eating Nutrient-Dense Foods

- **FUEL.** Instead of receiving a boost of energy and crashing after a meal, nutrient-dense foods provide sustained energy, powering us through our day.
- **SATISFACTION.** Nutrient-dense foods make us more satisfied and comfortably full instead of thinking about our next meal.
- **DISEASE PREVENTION.** Nutrient-dense foods may decrease the risk of various health conditions and diseases including heart disease, obesity, and cancer.

Quick Guide for Choosing More Nutrient-Dense Foods

Nutrient-dense foods such as oatmeal, yogurt, and trail mix can quickly lose their nutrient-dense value when food companies add other ingredients. To avoid being fooled, be sure to read the nutrition facts label. The Percent Daily Value (%DV) for each nutrient provides quick insight to help you determine if a serving of food is high or low in a nutrient.

5% DV or less of a nutrient per serving is considered **low**. Choose foods **lower in %DV** for saturated fat, sodium, and added sugars

20% DV or more of a nutrient per serving is considered **high**. Choose foods **higher in %DV** for dietary fiber, vitamin D, calcium, iron, and potassium



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

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

