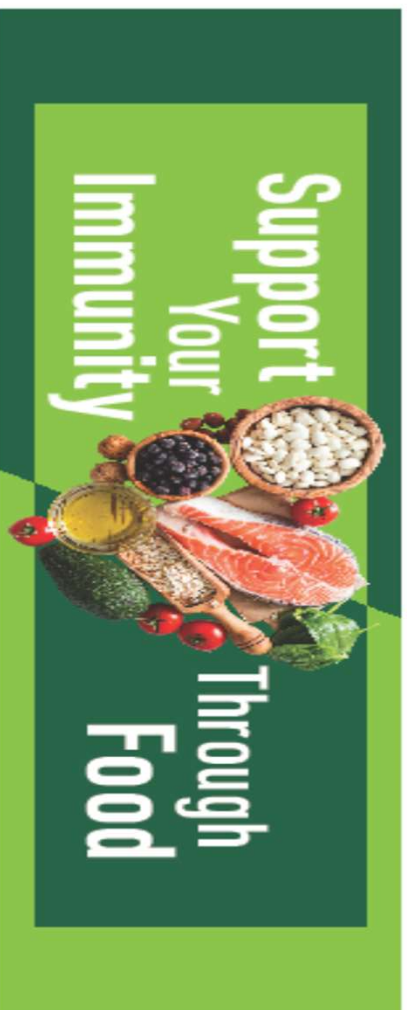


Washoe County Senior Nutrition

October 2023



Monday	Tuesday	Wednesday	Thursday	Friday
<p>2</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>3</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>4</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>5</p> <p>Whole Grain Breaded Fish Hashbrowns Lima Beans Whole Wheat Hamburger Bun Orange Juice</p> <p><i>Beef Taco Salad</i></p>	<p>6</p> <p>Barbecue Chicken Lemon Orzo Broccoli and Potatoes Multi-Grain Bread Fresh Banana</p> <p><i>Cottage Cheese & Fruit Plate</i></p>
<p>9</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>10</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>11</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>12</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>13</p> <p>Chili with Beans Potato Wedges Baby Carrots Cornbread Orange Juice</p> <p><i>Chicken Club Salad Italian Dressing</i></p>
<p>16</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>17</p> <p>Lemon Pepper Pollock Pinto Beans Glazed Baby Carrots Multi-Grain Bread Fresh Orange</p> <p><i>Beef Taco Salad</i></p>	<p>18</p> <p>Roasted Pork Honey Ginger Glaze Lentil Vegetable Pilaf Broccoli Whole Grain Roll Fresh Banana</p> <p><i>Chicken Caesar Salad Caesar Dressing</i></p>	<p>19</p> <p>Beef Patty Brown Gravy Whipped Potatoes Green Beans Cornbread Apple Juice</p> <p><i>Fall Harvest Chicken Salad Balsamic Vinaigrette</i></p>	<p>20</p> <p>Chicken Cacciatore Garlic and Red Pepper Penne Northern Beans Whole Grain Garlic Breadstick Fresh Pear Birthday Dessert*</p> <p><i>Cottage Cheese & Fruit Plate</i></p>
<p>23</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>24</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>25</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>26</p> <p>Meatloaf Brown Gravy Buttered Rice Parslied Carrots Multi-Grain Bread Fresh Orange</p> <p><i>Chef Salad Ranch Dressing</i></p>	<p>27</p> <p>Closed for Holiday</p> <p>Nevada Day</p>
<p>30</p> <p>Potato Crusted Pollock Macaroni and Cheese Whole Kernel Corn Multi-Grain Bread Fresh Orange</p> <p><i>Chicken Caesar Salad Caesar Dressing</i></p>	<p>31</p> <p><i>~Halloween Meal~</i> Beef Frank Potato Wedges Baked Beans Whole Wheat Hot Dog Bun Fresh Banana</p> <p><i>Asian Pork Salad Asian Sesame Vinaigrette</i></p>	 <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>
				<p>*A substitute item prepared with less sugar will be available.</p> <p>Milk and condiments served with meals.</p>



Your immune system is designed to help keep you well. Incorporate these five nutrition and wellness tips into your daily routine for a strong immune system.

1. Fill half your plate with vegetables and fruits. Many vegetables and fruits contain vitamins A and C. Vitamins A and C support your immune system. Veggies and fruits high in vitamin A are often orange or dark green in color, such as sweet potatoes, carrots, mangos, spinach, and kale. High vitamin C foods include oranges, bell peppers, strawberries, kiwi, and broccoli.

2. Make ¼ of your plate lean protein or plant-based protein. Choose lean protein foods like fish, poultry and eggs or plant-based protein foods such as beans, soy, nuts, and seeds. Protein foods build the immune system cells needed to keep you well. They also contain minerals like iron, selenium and zinc that help your immune system work as it should.

3. Choose fiber-rich carbohydrates for the remaining ¼ of your plate. Good fiber-rich carbohydrate food choices include beans, sweet potatoes, and whole grain foods such as brown rice, oats, quinoa, and whole grain bread and pasta. Fiber supports immune cells found in your gut. Whole grains, potatoes and beans also contain the mineral magnesium. Magnesium builds healthy immune cells.

4. Choose water. Water makes up about 60% of your body weight, so it makes sense that you would need to drink enough to keep your immune system strong. Water supports the immune system by dissolving vitamins and minerals you need to stay healthy, carrying nutrients and oxygen to immune cells, and protecting body organs and tissues that are part of your immune system. Drink up to 13 cups a day for men and 9 cups a day for women.

5. Stay active, both physically and socially. Maintaining social connections and exercising regularly are both associated with a stronger immune system, benefiting overall health and the ability to fight off colds and flus.

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

Source: S. Ikenaga, March 17, 2021, How to Support Your Immune System During a Pandemic (and Beyond), Today's Christian Woman
<https://www.tcm.com/enhancements/article/2021/03/17/https://thechristianwoman.com/ask-these-questions-to-boost-your-immune-system/>,
<https://www.magnificentscience.com/information-health/boosting-of-health-water-essential-to-your-body>

