

Washoe County Senior Nutrition

June 2024

Monday	Tuesday	Wednesday	Thursday	Friday
3 Potato Crusted Pollock Twice Whipped Potatoes Broccoli Whole Grain Roll Fresh Orange <i>Barbecue Chicken Salad</i> <i>Ranch Dressing</i>	4 Chicken and Dumplings Herbed Green Beans Glazed Carrots Cornbread Orange Juice <i>Asian Pork Salad</i> <i>Asian Sesame Dressing</i>	5 Swedish Meatballs Fettuccini Noodles Cabbage Multi-Grain Bread Fresh Apple <i>Southwest Chicken Salad</i> <i>Ranch Dressing</i>	6 Caprese Chicken Northern Beans Brussels Sprouts Whole Grain Roll Fresh Banana <i>Beef Lo Mein Salad</i> <i>Balsamic Vinaigrette Dressing</i>	7 Pork Rib Patty Ranch Beans Cucumber Tomato Salad Whole Grain Hamburger Bun Hot Spiced Fruit <i>Turkey Club Salad</i> <i>Italian Dressing</i>
10 Chicken Fettuccini Broccoli Peas and Carrots Whole Grain Roll Fresh Banana <i>Beef Lo Mein Salad</i> <i>Balsamic Vinaigrette Dressing</i>	11 Whole Grain Fish Sticks Macaroni and Cheese Fiesta Vegetable Blend Whole Wheat Bread Fresh Apple <i>Southwest Chicken Salad</i> <i>Ranch Dressing</i>	12 Beef Patty Baked Beans Hot Applesauce Whole Wheat Hamburger Bun Blended Fruit Juice <i>Asian Pork Salad</i> <i>Asian Sesame Dressing</i>	13 Parmesan Chicken Orzo Brussels Sprouts Whole Wheat Bread Fresh Pear <i>Turkey Club Salad</i> <i>Italian Dressing</i>	14 ~Father's Day Meal~ Roast Beef with Gravy Twice Whipped Potatoes Cauliflower and Carrots Whole Wheat Bread Fresh Banana Marble Cake <i>Krab Salad</i> <i>Thousand Island Dressing</i>
17 Meatloaf with Gravy Whipped Potatoes Spinach Whole Grain Roll Fresh Banana <i>Chef Salad</i> <i>Ranch Dressing</i>	18 Tuna Noodle Au Gratin Corn O'Brien Kidney Beans Whole Wheat Bread Orange Juice <i>Beef Taco Salad</i> <i>Taco Sauce</i>	19 <p style="text-align: center;">Closed</p>	20 Spaghetti Meat Sauce Parslied Noodles Green Beans with Red Peppers Whole Grain Garlic Breadstick Fresh Apple <i>Chicken Club Salad</i> <i>Italian Dressing</i>	21 Pork Adobo Pinto Beans Broccoli and Cauliflower Cornbread Fresh Pear <i>Chicken Caesar Salad</i> <i>Caesar Dressing</i>
24 Sweet and Sour Pork Fried Rice Sliced Carrots Whole Grain Roll Fresh Orange <i>Berry Almond Chicken Salad</i> <i>Raspberry Vinaigrette Dressing</i>	25 Beef Jardiniere Country Potatoes Spinach Whole Wheat Bread Fresh Apple <i>Turkey Club Salad</i> <i>Ranch Dressing</i>	26 King Ranch Chicken Casserole Pinto Beans Fiesta Vegetable Blend Cornbread Blended Fruit Juice <i>Krab Salad</i> <i>Thousand Island Dressing</i>	27 Chicken Cordon Bleu Brown Rice Florentine Brussels Sprouts Whole Wheat Bread Fresh Banana <i>Asian Pork Salad</i> <i>Asian Sesame Dressing</i>	28 Krab Cake Lentil Vegetable Pilaf California Vegetable Blend Whole Grain Roll Fresh Pear Birthday Dessert* <i>Beef Lo Mein Salad</i> <i>Balsamic Vinaigrette Dressing</i>
 <p>Washoe County Senior Services 775.328.2575 www.washoecounty.us/seniorsrv</p>	Meals are offered to seniors 60 and older for a suggested \$2.00 donation Individuals under 60 may purchase a meal for \$4.00 Milk & condiments served with meals *A substitute item prepared with less sugar will be available.	 <p>TRIO Community Meals Nourishment through compassionate care.</p>		