

Washoe County Senior Nutrition

May 2024



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> <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>1 ~Older Americans Day~ Spaghetti Casserole Green Beans with Red Peppers Whole Kernel Corn Whole Grain Garlic Breadstick Fruit Salad Brownie</p> <p>Southwest Chicken Salad Ranch Dressing</p>	<p>2 Potato Crusted Pollock Twice Whipped Potatoes Broccoli Whole Grain Roll Fresh Orange</p> <p>Beef Lo Mein Salad Balsamic Vinaigrette Dressing</p>	<p>3 ~Cinco De Mayo Meal~ Taco Meat Shredded Lettuce and Tomato Mexican Rice Fiesta Vegetable Blend Flour Tortilla Fresh Banana Cinnamon Cake Turkey Club Salad Italian Dressing</p>	
	<p>6 Parmesan Chicken Orzo Brussels Sprouts Whole Wheat Bread Fresh Pear</p> <p>Beef Lo Mein Salad Balsamic Vinaigrette Dressing</p>	<p>7 Beef Patty Baked Beans Hot Applesauce Whole Wheat Hamburger Bun Blended Fruit Juice</p> <p>Southwest Chicken Salad Ranch Dressing</p>	<p>8 Whole Grain Fish Sticks Macaroni and Cheese Fiesta Vegetable Blend Whole Wheat Bread Fresh Apple</p> <p>Asian Pork Salad Asian Sesame Dressing</p>	<p>9 Beef and Bean Burrito Chili con Carne Mexican Rice Whole Kernel Corn Fresh Orange</p> <p>Turkey Club Salad Italian Dressing</p>	<p>10 ~Mother's Day Meal~ Roasted Pork Creamy Dijon Sauce Garlic Whipped Potatoes Broccoli Whole Grain Roll Fresh Banana Applesauce Cake Krab Salad Thousand Island Dressing</p>
	<p>13 Spaghetti Meat Sauce Parslied Noodles Green Beans with Red Peppers Whole Grain Garlic Breadstick Fresh Apple</p> <p>Chef Salad Ranch Dressing</p>	<p>14 Chicken and Rice Casserole Green Peas Parslied Carrots Multi-Grain Bread Fresh Orange</p> <p>Beef Taco Salad Taco Sauce</p>	<p>15 Tuna Noodle Au Gratin Corn O'Brien Kidney Beans Whole Wheat Bread Orange Juice</p> <p>Chicken Cordon Bleu Salad Bleu Cheese Dressing</p>	<p>16 Pork Adobo Pinto Beans Broccoli and Cauliflower Cornbread Fresh Pear</p> <p>Chicken Club Salad Italian Dressing</p>	<p>17 Meatloaf with Gravy Whipped Potatoes Spinach Whole Grain Roll Fresh Banana</p> <p>Chicken Caesar Salad Caesar Dressing</p>
<p>20 Krab Cake Lentil Vegetable Pilaf California Vegetable Blend Whole Grain Roll Fresh Pear</p> <p>Berry Almond Chicken Salad Raspberry Vinaigrette Dressing</p>	<p>21 Chicken Cordon Bleu Brown Rice Florentine Brussels Sprouts Whole Wheat Bread Fresh Banana</p> <p>Turkey Club Salad Ranch Dressing</p>	<p>22 Sweet and Sour Pork Fried Rice Sliced Carrots Whole Grain Roll Fresh Orange</p> <p>Krab Salad Thousand Island Dressing</p>	<p>23 Beef Jardinine Country Potatoes Spinach Whole Wheat Bread Fresh Apple</p> <p>Asian Pork Salad Asian Sesame Dressing</p>	<p>24 ~Memorial Day Meal~ Barbecue Chicken Baked Beans Coleslaw Whole Wheat Hamburger Bun Hot Peaches</p> <p>Beef Lo Mein Salad Balsamic Vinaigrette Dressing</p>	
<p>27 Closed Memorial Day</p>	<p>28 Smothered Meatballs Whipped Potatoes Broccoli Whole Grain Roll Fresh Banana</p> <p>Chef Salad Ranch Dressing</p>	<p>29 Lemon Pepper Pollock Lentil Vegetable Pilaf Glazed Carrots Whole Grain Roll Fresh Orange</p> <p>Chicken Caesar Salad Caesar Dressing</p>	<p>30 Whole Grain Popcorn Chicken Macaroni and Cheese Green Beans with Red Peppers Whole Grain Roll Fresh Apple</p> <p>Beef Taco Salad Taco Sauce</p>	<p>31 Shepherd's Pie Green Peas Cauliflower Multi-Grain Bread Blended Fruit Juice Birthday Dessert* Chicken Club Salad Italian Dressing</p>	