

Washoe County Senior Nutrition

October 2024



Monday	Tuesday	Wednesday	Thursday	Friday
 <p>Washoe County Senior Services 775.328.2575 www.washoecounty.us/seniorsrv</p>	<p>1</p> <p>Mu Shu Pork Brown Rice Broccoli Whole Grain Roll Banana</p> <p><i>Turkey Club Salad Ranch Salad Dressing</i></p>	<p>2</p> <p>Breaded Chicken Patty Lettuce and Tomato Delmonico Potatoes Green Peas Whole Wheat Hamburger Bun Fresh Apple</p> <p><i>Roast Beef Chef Salad Balsamic Vinaigrette</i></p>	<p>3</p> <p>Roasted Pork Brown Gravy Whipped Potatoes Lima Beans Whole Grain Roll Fresh Pear</p> <p><i>Barbecue Chicken Salad Ranch Salad Dressing</i></p>	<p>4</p> <p>Tuna Noodle Au Gratin Cauliflower Green Beans Cornbread Fresh Orange</p> <p><i>Chicken Spinach Salad 1000 Island Salad Dressing</i></p>
<p>7</p> <p>Chicken Cordon Bleu Lemon Roasted Potatoes Brussels Sprouts Whole Grain Roll Fresh Pear</p> <p><i>Krab Cake Salad Creamy Italian Dressing</i></p>	<p>8</p> <p>Pork Loin Sesame Mustard Sauce Lentil Vegetable Pilaf Glazed Carrots Whole Wheat Bread Fresh Orange</p> <p><i>Turkey Chef Salad Ranch Salad Dressing</i></p>	<p>9</p> <p>Asian Beef Fried Rice Japanese Vegetable Blend Cucumber Tomato Salad Whole Grain Roll Hot Spiced Fruit</p> <p><i>Fall Harvest Salad Balsamic Vinaigrette</i></p>	<p>10</p> <p>Salmon Burger Lima Beans Coleslaw Whole Wheat Hamburger Bun Peach Crisp</p> <p><i>Roast Beef Chef Salad Italian Salad Dressing</i></p>	<p>11</p> <p>Greek Chicken Lemon Orzo Zucchini Whole Wheat Bread Fresh Banana</p> <p><i>Taco Salad Taco Sauce</i></p>
<p>14</p> <p>Lasagna Casserole Whole Kernel Corn Broccoli Whole Wheat Garlic Breadstick Pineapple Tidbits</p> <p><i>Chicken Caesar Salad Caesar Salad Dressing</i></p>	<p>15</p> <p>Baked Tilapia Dill Sauce Rice Florentine Key Largo Vegetables California Mix Salad Whole Grain Roll Hot Spiced Pears</p> <p><i>Mango Chicken Salad Balsamic Vinaigrette</i></p>	<p>16</p> <p>Roasted Pork Soy Ginger Sauce Baked Sweet Potato Green Beans Cornbread Fresh Banana</p> <p><i>Turkey Club Salad Blue Cheese Dressing</i></p>	<p>17</p> <p>Baked Chicken Breast Hawaiian Sauce Black Beans Pineapple Carrots Whole Grain Roll Fresh Orange</p> <p><i>Seafood Salad 1000 Island Dressing</i></p>	<p>18</p> <p>Homemade Salisbury Steak Onion Gravy O'Brien Potatoes Mixed Green Salad Whole Wheat Bread Apple Raisin Compote Birthday Dessert</p> <p><i>Turkey Garden Salad Italian Dressing</i></p>
<p>21</p> <p>Chicken Cacciatore Penne Pasta Succotash Zucchini Whole Wheat Garlic Breadstick Tropical Fruit</p> <p><i>Krab Cake Salad Creamy Italian Dressing</i></p>	<p>22</p> <p>Broiled Cod Tarragon Sauce Delmonico Potatoes Glazed Baby Carrots Ranch House Tomatoes Whole Grain Roll Diced Peaches</p> <p><i>Turkey Chef Salad Ranch Salad Dressing</i></p>	<p>23</p> <p>Barbecue Chicken Breast Baked Beans Creamed Spinach Whole Wheat Bread Fresh Orange</p> <p><i>Roast Beef Chef Salad Italian Salad Dressing</i></p>	<p>24</p> <p>Meatloaf Brown Gravy Whipped Potatoes Green Beans Whole Grain Roll Fresh Banana</p> <p><i>Fall Harvest Salad Balsamic Vinaigrette</i></p>	<p>25</p> <p><i>Closed for Holiday</i></p> <p><i>Nevada Day</i></p> <p><i>Mango Chicken Salad Balsamic Vinaigrette</i></p>
<p>28</p> <p>Parmesan Crusted Pollock Confetti Rice Lima Beans Cheesy Brussels Sprouts Whole Grain Roll Rosy Applesauce</p> <p><i>Turkey Garden Salad Italian Dressing</i></p>	<p>29</p> <p>Chicken Caprese Garlic and Red Pepper Penne Italian Vegetables Club Spinach Whole Wheat Garlic Breadstick Tropical Fruit</p> <p><i>Seafood Salad 1000 Island Dressing</i></p>	<p>30</p> <p>Cuban Shredded Pork Ranch Beans Pineapple Slaw Whole Wheat Hamburger Bun Apple Cobbler</p> <p><i>Turkey Club Salad Blue Cheese Dressing</i></p>	<p>31</p> <p><i>~Halloween Meal~</i> Sausage w/Onions & Peppers Potato Wedges Baked Beans Whole Wheat Hot Dog Bun Fresh Banana</p> <p><i>Mango Chicken Salad Balsamic Vinaigrette</i></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>

FUNCTIONAL FOODS: ENHANCE YOUR MEALS

WASHOE COUNTY
Nutrition Sites
Monday – Friday

What are Functional Foods?

While functional foods do not have a legal definition, the Academy of Nutrition and Dietetics states “functional foods, including whole foods and fortified, enriched, or enhanced foods, have a potentially beneficial effect on health when consumed as part of a varied diet on a regular basis, at effective levels.” Simply put, functional foods are foods that provide health benefits beyond basic nutrition when consumed as part of a varied diet.

Types of Functional Foods

- **Whole Foods:** Naturally occurring foods that have health-promoting properties. Examples: Fruits, vegetables, nuts, seeds, legumes, whole grains, and fish
- **Fortified Foods:** Foods that have nutrients added to them that were not originally present. Examples: Fortified cereals, milk with added vitamin D, and orange juice with added calcium
- **Enriched Foods:** Foods that have nutrients added back that were lost during processing. Examples: Enriched flour, bread, pasta with added B vitamins and iron
- **Enhanced Foods:** Foods that have been altered to contain higher levels of nutrients or beneficial compounds. Examples: Eggs with higher omega-3 content and yogurt with added probiotics

Benefits of Functional Foods

- Enhance nutrient intake
- Support immune function
- Improve heart health and gut health
- Reduce the risk of chronic disease and cancer
- Provide essential nutrients that may be lacking

Drawbacks of Functional Foods

- Over-reliance and neglect of a balanced diet
- Costly
- Limited long-term scientific evidence
- Misleading marketing and health claims
- No legal definition so regulation may be variable

Bottom Line

While there is promising research and known health benefits of functional foods and beverages, it is important to approach them with a balanced perspective. They should complement, not replace, a varied, well-rounded diet. Discussions around functional foods and beverages will continue to grow with updated research.

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 Mauldin, 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