



Washoe County Senior Nutrition

September 2024

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2</p> <p>Closed <i>Labor Day</i></p>	<p>3</p> <p>Sweet and Sour Chicken Herbed Green Beans Cabbage Whole Grain Roll Fresh Banana</p> <p><i>Taco Salad</i> <i>Taco Sauce</i></p>	<p>4</p> <p>Beef Patty Crispy Cubed Potatoes Ranch Beans Whole Wheat Hamburger Bun Fresh Orange</p> <p><i>Chicken Cordon Bleu Salad</i> <i>Blue Cheese Salad Dressing</i></p>	<p>5</p> <p>Spaghetti Meat Sauce Parslied Noodles Broccoli Whole Grain Garlic Breadstick Fresh Apple</p> <p><i>Jamaican Pork Salad</i> <i>Balsamic Vinaigrette</i></p>	<p>6</p> <p>Krab Cake Oven Roasted Potatoes Parslied Carrots Whole Wheat Hamburger Bun Cranberry Juice</p> <p><i>Tukey Pasta Salad</i> <i>Italian Salad Dressing</i></p>
<p>9</p> <p>Beef and Cabbage Casserole Lima Beans Whole Kernel Corn Multi-Grain Bread Orange Juice</p> <p><i>Asian Pork Salad</i> <i>Asian Sesame Salad Dressing</i></p>	<p>10</p> <p>Cuban Shredded Pork Spanish Rice Pinto Beans Cornbread Fresh Orange</p> <p><i>Taco Salad</i> <i>Taco Sauce</i></p>	<p>11</p> <p>Tuna Salad Herbed Potato Salad Coleslaw Whole Wheat Bread (2 slices) Fresh Banana</p> <p><i>Southwest Chicken Salad</i> <i>Ranch Salad Dressing</i></p>	<p>12</p> <p>Breaded Chicken Patty Country Gravy Oven Roasted Potatoes Broccoli Whole Wheat Bread Fresh Pear</p> <p><i>Turkey Club Salad</i> <i>Italian Salad Dressing</i></p>	<p>13</p> <p>Sloppy Joe O'Brien Potatoes Diced Carrots Whole Wheat Hamburger Bun Fresh Apple</p> <p><i>Chef Salad</i> <i>Ranch Salad Dressing</i></p>
<p>16</p> <p>Lemon Pepper Pollock Parslied Rotini Brussels Sprouts Multi-Grain Bread Fresh Apple</p> <p><i>Southwest Ham Salad</i> <i>Ranch Salad Dressing</i></p>	<p>17</p> <p>Taco Meat Shredded Lettuce Tomato Mexican Rice Fiesta Vegetable Blend Flour Tortilla Fresh Pear</p> <p><i>Chicken Caesar Salad</i> <i>Caesar Salad Dressing</i></p>	<p>18</p> <p>Whole Grain Popcorn Chicken O'Brien Potatoes Green Beans Whole Grain Roll Fresh Banana</p> <p><i>Jamaican Pork Salad</i> <i>Balsamic Vinaigrette</i></p>	<p>19</p> <p>Shredded Pork BBQ Sauce Mixed Beans Diced Carrots Whole Wheat Hamburger Bun Cranberry Juice</p> <p><i>Beef Lo Mein Salad</i> <i>Italian Salad Dressing</i></p>	<p>20</p> <p>Chili Green and Gold Potatoes Whole Kernel Corn Whole Grain Roll Fresh Orange</p> <p><i>Chicken Cordon Bleu Salad</i> <i>Blue Cheese Salad Dressing</i></p>
<p>23</p> <p>Barbecue Chicken Navy Beans Mixed Vegetables Whole Grain Roll Fresh Orange</p> <p><i>Turkey Club Salad</i> <i>Italian Salad Dressing</i></p>	<p>24</p> <p>Swedish Meatballs Penne Noodles Broccoli Whole Grain Roll Fresh Banana</p> <p><i>Krab Salad</i> <i>1000 Island Salad Dressing</i></p>	<p>25</p> <p>Krab Cake Macaroni and Cheese Brussels Sprouts Multi-Grain Bread Fresh Apple</p> <p><i>Chicken Club Salad</i> <i>Italian Salad Dressing</i></p>	<p>26</p> <p>Meatloaf Brown Gravy Brown Rice Garden Vegetable Blend Whole Wheat Bread Fresh Pear</p> <p><i>Taco Salad</i> <i>Taco Sauce</i></p>	<p>27</p> <p>Chicken Salad Green Pea Salad Carrot Slaw Whole Wheat Bread (2 slices) Orange Juice Birthday Dessert</p> <p><i>Asian Pork Salad</i> <i>Asian Sesame Salad Dressing</i></p>
<p>30</p> <p>Chicken Noodle Casserole Whole Kernel Corn Diced Carrots Multi-Grain Bread Orange Juice</p> <p><i>Chef Salad</i> <i>Ranch Salad Dressing</i></p>		 <p>TRIO Community Meals</p> <p>Nourishment through compassionate care.</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> <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>



WASHOE COUNTY
Nutrition Sites
Monday – Friday

Brighten your plate with fruits and veggies! Fruits and vegetables contain key nutrients that provide numerous health benefits. The more variety of colorful fruits and vegetables that you can add to your plate every day, the better. According to the Dietary Guidelines for Americans 2020-2025, adults should consume 2-3 cups of vegetables and 1½-2 cups of fruit daily. There are many different flavors and textures to explore. Check out the different color groups and some of their unique nutrition attributes below.

BLUE & PURPLE:	<p>Full of powerful antioxidants called anthocyanins that support the immune system and memory function and help reduce the risk of heart disease and gastrointestinal tract cancers.</p> <p><i>Examples – Blackberries, Elderberries, Grapes, Eggplant, Figs, Purple Cabbage, Plums</i></p>
GREEN:	<p>Rich in cancer-blocking chemicals that inhibit the action of harmful cancer-causing compounds called carcinogens. Contain calcium, magnesium and potassium, which help maintain strong bones and teeth. Packed with fiber to promote digestive health.</p> <p><i>Examples – Kale, Avocados, Asparagus, Kiwi, Brussels Sprouts, Broccoli, Artichokes</i></p>
PINK & RED:	<p>Rich in vitamin C, vitamin A, potassium, and antioxidants, which support the body cells from damage that occurs with day-to-day living. These nutrients have been shown to help prevent cancer, fight chronic illnesses, and strengthen the immune system.</p> <p><i>Examples – Strawberries, Raspberries, Tomatoes, Cherries, Beets, Red Peppers, Red Onions</i></p>
ORANGE & YELLOW:	<p>Loaded with immune-supporting vitamin A, which also helps to protect our eyes, skin, and heart. Many also have high levels of vitamin C, potassium, and vitamin K.</p> <p><i>Examples – Carrots, Sweet Potatoes, Oranges, Pineapple, Mango, Apricots, Peaches, Corn</i></p>
WHITE & BROWN:	<p>Rich in soluble fiber that helps control cholesterol levels, promotes a healthy digestive tract and metabolism, and helps regulate blood sugar.</p> <p><i>Examples – Onions, Cauliflower, Garlic, Leeks, Mushrooms, Parsnips, Potatoes</i></p>

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