



# December 2025

**TRIO**  
Community Meals

Nourishment through  
compassionate care.



## Washoe County Senior Nutrition



| Monday                                                                                                                                                                                                       | Tuesday                                                                                                                                                                                                                      | Wednesday                                                                                                                                                                                                                        | Thursday                                                                                                                                                                                                                                                                                                                                                                          | Friday                                                                                                                                                                                                    |
|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <div>1</div> <div>Thai Chicken<br/>Jasmine Rice<br/>Asian Vegetables<br/>Pita Bread<br/>Seasonal Fruit</div> <div>Krab Cake Salad<br/>Creamy Italian Dressing</div>                                          | <div>2</div> <div>Pork Adobo<br/>Brown Rice<br/>Black Beans<br/>Winter Vegetables<br/>Whole Wheat Bread<br/>Diced Pears</div> <div>Turkey Chef Salad<br/>Ranch Salad Dressing</div>                                          | <div>3</div> <div>Barbecue Chicken<br/>Baked Beans<br/>Spring Vegetables<br/>Whole Wheat Bread<br/>Seasonal Fruit</div> <div>Taco Salad<br/>Taco Sauce</div>                                                                     | <div>4</div> <div>Broiled Cod<br/>Delmonico Potatoes<br/>Herbed Green Peas<br/>Cucumber Salad<br/>Whole Grain Roll<br/>Hot Diced Peaches</div> <div>Roast Beef Chef Salad<br/>Italian Dressing</div>                                                                                                                                                                              | <div>5</div> <div>Meatloaf w/Gravy<br/>Whipped Potatoes<br/>Green Beans<br/>Whole Grain Roll<br/>Seasonal Fruit</div> <div>Fall Harvest Salad<br/>Balsamic Vinaigrette</div>                              |
| <div>8</div> <div>Parmesan Crusted Pollock<br/>Confetti Rice<br/>Lima Beans<br/>Cheesy Brussels Sprouts<br/>Whole Grain Roll<br/>Rosy Applesauce</div> <div>Turkey Club Salad<br/>Blue Cheese Dressing</div> | <div>9</div> <div>Chicken Caprese<br/>Garlic &amp; Red Pepper Penne<br/>Italian Vegetables<br/>Club Spinach<br/>Whole Grain Garlic Breadstick<br/>Tropical Fruit</div> <div>Asian Pork Salad<br/>Asian Sesame Dressing</div> | <div>10</div> <div>Cuban Shredded Pork<br/>Ranch Beans<br/>Pineapple Slaw<br/>Whole Wheat Hamburger Bun<br/>Apple Cobbler</div> <div>Seafood Salad<br/>1000 Island Dressing</div>                                                | <div>11</div> <div>Herb Glazed Beef Roast<br/>Chantilly Potatoes<br/>Broccoli Florets<br/>Whole Grain Garlic Breadstick<br/>Seasonal Fruit</div> <div>Mango Chicken Salad<br/>Balsamic Vinaigrette</div>                                                                                                                                                                          | <div>12</div> <div>Homestyle Turkey Patty<br/>Poultry Gravy<br/>Whipped Potatoes<br/>Glazed Baby Carrots<br/>Whole Grain Roll<br/>Seasonal Fruit</div> <div>Beef Lo Mein Salad<br/>Italian Dressing</div> |
| <div>15</div> <div>Pecan Crusted Chicken<br/>Sweet Potato Casserole<br/>Broccoli<br/>Whole Grain Roll<br/>Seasonal Fruit</div> <div>Krab Cake Salad<br/>Creamy Italian Dressing</div>                        | <div>16</div> <div>Beef Patty<br/>Lettuce   Tomato<br/>Tater Tots<br/>Baked Beans<br/>Whole Wheat Hamburger Bun<br/>Mixed Fruit</div> <div>Turkey Chef Salad<br/>Ranch Salad Dressing</div>                                  | <div>17</div> <div>Shrimp Etouffee<br/>Steamed Rice<br/>Green Beans<br/>Biscuit<br/>Seasonal Fruit</div> <div>Taco Salad<br/>Taco Sauce</div>                                                                                    | <div>18</div> <div>Cuban Mojo Chicken<br/>Lentil Vegetable Pilaf<br/>Zucchini<br/>Whole Grain Roll<br/>Seasonal Fruit</div> <div>Roast Beef Chef Salad<br/>Italian Dressing</div>                                                                                                                                                                                                 | <div>19</div> <div>Pork Tips w/Gravy<br/>Egg Noodles<br/>Green Peas<br/>Diced Carrots<br/>Multi-Grain Bread<br/>Tropical Fruit</div> <div>Fall Harvest Salad<br/>Balsamic Vinaigrette</div>               |
| <div>22</div> <div>Shrimp Fettuccini<br/>Green Beans<br/>Glazed Carrots<br/>Whole Grain Roll<br/>Mandarin Oranges</div> <div>Turkey Club Salad<br/>Blue Cheese Dressing</div>                                | <div>23</div> <div>Chicken Scampi<br/>Garlic Parmesan Rice<br/>Italian Vegetables<br/>Whole Grain Roll<br/>Seasonal Fruit</div> <div>Asian Pork Salad<br/>Asian Sesame Dressing</div>                                        | <div>24</div> <div>~Christmas Meal~<br/>Sliced Turkey Breast w/Gravy<br/>Chantilly Potatoes<br/>Green Beans<br/>Whole Grain Roll<br/>Chocolate Mousse<br/>Seasonal Fruit</div> <div>Seafood Salad<br/>1000 Island Dressing</div> | <div>25</div> <div>Closed for Holiday</div>                                                                                                                                                                                                                                                                                                                                       | <div>26</div> <div>Fajita Chicken<br/>Pinto Beans<br/>Corn Salsa<br/>Whole Grain Corn Tortilla<br/>Hot Diced Peaches<br/>Birthday Dessert</div> <div>Beef Lo Mein Salad<br/>Italian Dressing</div>        |
| <div>29</div> <div>Chicken Cordon Bleu<br/>Lemon Roasted Potatoes<br/>Brussels Sprouts<br/>Whole Grain Roll<br/>Seasonal Fruit</div> <div>Krab Cake Salad<br/>Creamy Italian Dressing</div>                  | <div>30</div> <div>Sesame Mustard Pork<br/>Lentil Vegetable Pilaf<br/>Glazed Carrots<br/>Whole Wheat Bread<br/>Fresh Orange</div> <div>Turkey Chef Salad<br/>Ranch Salad Dressing</div>                                      | <div>31</div> <div>~New Year's Meal~<br/>Glazed Ham<br/>Black-eyed Peas<br/>Cabbage<br/>Whole Grain Roll<br/>Blueberry Crumb Cake<br/>Seasonal Fruit</div> <div>Taco Salad<br/>Taco Sauce</div>                                  | <div>Washoe County Senior Services -<br/>775.328.2575 -<br/>www.washoecounty.us/seniorsrv -<br/>Meals are offered to seniors 60 and<br/>older for a suggested \$2.00<br/>donation</div> <div>Individuals under 60 may purchase<br/>a meal for \$4.00 - Milk &amp;<br/>condiments served with meals - *A<br/>substitute item prepared with less<br/>sugar will be available.</div> |                                                                                                                                                                                                           |