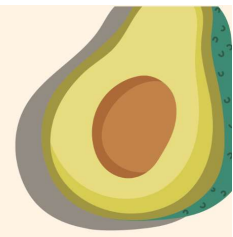




# MARCH 2025

## Washoe County Senior Nutrition



| Monday                                                                                                                                                                                                                           | Tuesday                                                                                                                                                                                                              | Wednesday                                                                                                                                                                                                     | Thursday                                                                                                                                                                                                                   | Friday                                                                                                                                                                             |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>3</b><br><b>Rotisserie Chicken</b><br>Baked Sweet Potato<br>Green Peas<br>Whole Grain Roll<br>Fresh Orange<br><br><i>Chicken Caesar Salad<br/>           Caesar Salad Dressing</i>                                            | <b>4</b><br><b>Beef Patty</b><br>Lettuce   Tomato<br>Carrot Slaw<br>Ranch Beans<br>Whole Wheat Hamburger Bun<br>Apple Crisp<br><br><i>Mango Chicken Salad<br/>           Balsamic Vinaigrette</i>                    | <b>5</b><br><b>Smothered Pork Loin</b><br>Oven Roasted Potato Medley<br>Braised Red Cabbage<br>Whole Grain Roll<br>Fresh Banana<br><br><i>Turkey Club Salad<br/>           Blue Cheese Dressing</i>           | <b>6</b><br><b>Carne Guisada</b><br>Corn O'Brien<br>Pinto Beans<br>Flour Tortilla<br>Seasonal Fruit<br><br><i>Seafood Salad<br/>           1000 Island Dressing</i>                                                        | <b>7</b><br><b>Tuna Croquette</b><br>Brussels Sprouts<br>Glazed Carrots<br>Wheat Bread<br>Seasonal Fruit<br><br><i>Turkey Garden Salad<br/>           Italian Dressing</i>         |
| <b>10</b><br><b>Bruschetta Chicken</b><br>Parslied Noodles<br>Italian Vegetables<br>Garlic Texas Bread<br>Fresh Orange<br><br><i>Krab Cake Salad<br/>           Creamy Italian Dressing</i>                                      | <b>11</b><br><b>Meatloaf</b><br><b>Brown Gravy</b><br>Confetti Rice<br>Parslied Carrots<br>Whole Grain Roll<br>Fresh Apple<br><br><i>Turkey Chef Salad<br/>           Ranch Salad Dressing</i>                       | <b>12</b><br><b>Salmon Patty</b><br>Garden Vegetables<br>Cauliflower<br>Whole Wheat Hamburger Bun<br>Tropical Fruit<br><br><i>Fall Harvest Salad<br/>           Balsamic Vinaigrette</i>                      | <b>13</b><br><b>Ginger Scallion Chicken</b><br>Lemon Brown Rice<br>Brussels Sprouts and Corn<br>Whole Grain Roll<br>Fresh Pear<br><br><i>Roast Beef Chef Salad<br/>           Italian Dressing</i>                         | <b>14</b><br><b>BBQ Pork</b><br>Roasted Sweet Potatoes<br>Cabbage Medley<br>Whole Grain Roll<br>Fresh Banana<br><br><i>Taco Salad<br/>           Taco Sauce</i>                    |
| <b>17</b><br><i>~St. Patrick's Day Meal~</i><br><b>Corned Beef</b><br>Oven Roasted Potatoes<br>Cabbage<br>Whole Grain Roll<br>Fresh Orange<br>Fig Cookie<br><br><i>Chicken Caesar Salad<br/>           Caesar Salad Dressing</i> | <b>18</b><br><b>Taco Meat</b><br>Shredded Cheese<br>Lettuce   Tomato<br>Pinto Beans<br>Fiesta Vegetables<br>Whole Wheat Tortilla<br>Seasonal Fruit<br><i>Mango Chicken Salad<br/>           Balsamic Vinaigrette</i> | <b>19</b><br><b>Lemon Chicken</b><br>Brown Rice<br>Spring Vegetables<br>Whole Grain Roll<br>Fresh Banana<br><br><i>Turkey Club Salad<br/>           Blue Cheese Dressing</i>                                  | <b>20</b><br><b>BBQ Pork Rib Patty</b><br>Lyonnaise Potatoes<br>Glazed Baby Carrots<br>Whole Wheat Hamburger Bun<br>Fresh Pear<br><br><i>Seafood Salad<br/>           1000 Island Dressing</i>                             | <b>21</b><br><b>Creole Tilapia</b><br>Cajun Rice<br>Creamed Spinach<br>Whole Grain Roll<br>Fresh Orange<br><br><i>Turkey Garden Salad<br/>           Italian Dressing</i>          |
| <b>24</b><br><b>Beef Casserole</b><br>Whole Kernel Corn<br>Broccoli Florets<br>Whole Grain Garlic Breadstick<br>Fluffy Fruit Salad<br><br><i>Krab Cake Salad<br/>           Creamy Italian Dressing</i>                          | <b>25</b><br><b>Balsamic Onion Chicken</b><br>Orzo w/Red Peppers<br>Zucchini and Tomatoes<br>Garlic Texas Bread<br>Seasonal Fruit<br><br><i>Turkey Chef Salad<br/>           Ranch Salad Dressing</i>                | <b>26</b><br><b>Roasted Pork</b><br><b>Creamy Garlic Sauce</b><br>Fall Vegetable Hash<br>Green Beans<br>Whole Grain Roll<br>Fresh Orange<br><br><i>Fall Harvest Salad<br/>           Balsamic Vinaigrette</i> | <b>27</b><br><b>Baja Baked Chicken</b><br>Black Beans<br>Brussels Sprouts and Corn<br>Whole Grain Roll<br>Fresh Apple<br><br><i>Roast Beef Chef Salad<br/>           Italian Dressing</i>                                  | <b>28</b><br><b>Roast Beef</b><br><b>Onion Gravy</b><br>O'Brien Potatoes<br>Herbed Green Peas<br>Whole Grain Roll<br>Fresh Pear<br><br><i>Taco Salad<br/>           Taco Sauce</i> |
| <b>31</b><br><b>Spinach Mushroom Quiche</b><br>Potato Medley<br>Stewed Tomatoes<br>Wheat Bread<br>Seasonal Fruit<br><br><i>Chicken Caesar Salad<br/>           Caesar Salad Dressing</i>                                         |                                                                                                                                   | <br>Nourishment through<br>compassionate care.                                                                            | Washoe County Senior Services -<br>775.328.2575 -<br><a href="http://www.washoecounty.us/seniorsrv">www.washoecounty.us/seniorsrv</a> -<br>Meals are offered to seniors 60 and<br>older for a suggested \$2.00<br>donation | Individuals under 60 may purchase<br>a meal for \$4.00 - Milk &<br>condiments served with meals - *A<br>substitute item prepared with less<br>sugar will be available.             |



# Food Connects Us

2025 NATIONAL NUTRITION MONTH®



**Happy National Nutrition Month!** Food is a powerful connector. It ties us to our cultures, families, and friends, and sharing a meal becomes a moment of exchange—learning about its preparation, the person who made it, and where the ingredients were sourced. Our relationship with food is shaped by our health, memories, traditions, seasons, and access. While these factors influence the foods we choose, our food choices also play a crucial role in our health and well-being. Here are some simple yet meaningful ways to deepen your connection with food, health, and the people in your life.

## CONNECT WITH FOOD

- **Learn Cooking Skills:** Try basic techniques and meal planning for healthier, budget-friendly choices. Attend local cooking classes to advance your skills.
- **Explore Food Origins:** Visit farmers markets and understand where your food comes from to add meaning to each meal.
- **Utilize Community Resources:** Familiarize yourself with programs like SNAP, WIC, and local food banks for nutritious options.

## CONNECT WITH A NUTRITION EXPERT

- **Get a Referral:** Ask your doctor about seeing a Registered Dietitian Nutritionist (RDN).
- **Find Your Match:** Look for an RDN who specializes in your needs, like diabetes.
- **Personalized Advice:** Benefit from tailored guidance to meet health goals, such as improved energy or weight management.



## EXPLORE THE CONNECTION BETWEEN FOOD AND CULTURE

- **Try New Recipes:** Experiment with global ingredients and techniques to expand your cooking skills, such as a Japanese-style soup with miso or roasted carrots with harissa.
- **Celebrate Cultural Favorites:** Enjoy foods tied to your traditions or discover new global flavors.
- **Eat Together:** Make meals more enjoyable by sharing with family or friends, in person or virtually.



## BUILD THE CONNECTION ACROSS ALL STAGES OF LIFE

- **Understand Changing Nutrient Needs:** Nutritional needs vary with age; learn about age-specific requirements or connect with an RDN to assist you.
- **Eat a Variety of Foods:** Include all food groups for balanced nutrition, from fruits and veggies to whole grains and proteins - preferably in their whole, most natural state.
- **Focus on Sustainable Habits:** Reduce food waste by planning meals, using leftovers creatively, choosing seasonal, local produce, and incorporating more plant-based meals to lower your environmental footprint.