

Seniors Lunch Menu - August 2026

Washoe County Senior Services
(775)328-2575

Meals are offered to seniors 60 and older for a suggested \$2.00 donation. Individuals under 60 may purchase a meal for \$4.00. Milk & condiments served with meals.

Any items marked with an (*), a substitute item prepared with less sugar will be available.

Monday, August 3

Mediterranean Chicken

- Whole Grain Rotini Pasta
- Glazed Carrots
- Whole Grain Roll
- Seasonal Fruit

Turkey Garden Salad

- Italian Dressing

Tuesday, August 4

Beef Patty

- Shredded Lettuce & Tomato
- Potato Wedges
- Ranch Beans
- Whole Wheat Hamburger Bun
- Mandarin Oranges

Mango Chicken Salad

- Balsamic Vinaigrette

Wednesday, August 5

Homestyle Turkey Patty w/Gravy

- Lentil Vegetable Pilaf
- Green Peas
- Whole Wheat Bread
- Seasonal Fruit

Chicken Caesar Salad

- Caesar Salad Dressing

Thursday, August 6

Parmesan Crusted Pollock

- Lemon Orzo
- Green Beans w/Tomatoes
- Whole Grain Roll
- Seasonal Fruit

Turkey Club Salad

- Blue Cheese Dressing

Friday, August 7

Pork Chile Verde

- Cilantro Brown Rice
- Fiesta Vegetables
- WW Tortilla
- Fresh Orange

Seafood Salad

- 1000 Island Dressing

Monday, August 10

Beef Paprikash

- Whole Kernel Corn
- Cauliflower
- Whole Wheat Bread
- Diced Peaches

Krab Cake Salad

- Creamy Italian Dressing

Tuesday, August 11

Chicken Cordon Bleu

- Whole Grain Garlic Noodles
- Broccoli Florets
- Whole Grain Roll
- Fresh Apple

Turkey Chef Salad

- Ranch Salad Dressing

Wednesday, August 12

Beef Sloppy Joe

- Parslied Red Potatoes
- Dilled Carrots
- Whole Wheat Hamburger Bun
- Pineapple Tidbits

Fall Harvest Chicken Salad

- Balsamic Vinaigrette

Thursday, August 13

Pork Carnitas

- Spanish Rice
- Pinto Beans
- Whole Wheat Tortilla
- Fresh Orange

Roast Beef Chef Salad

- Italian Dressing

Friday, August 14

Tuna Salad

- Potato Salad
- Confetti Coleslaw
- Whole Wheat Hamburger Bun
- Fresh Banana

Taco Salad

- Taco Sauce

Monday, August 17

Baked Tilapia

- Dill Sauce
- Buttered Tortellini
- Brussels Sprouts
- Whole Grain Roll
- Fresh Banana

Chicken Caesar Salad

- Caesar Salad Dressing

Tuesday, August 18

Chicken Enchiladas

- Mexican Rice
- Fiesta Vegetables
- Seasonal Fruit

Turkey Club Salad

- Blue Cheese Dressing

Wednesday, August 19

Beef Chili w/Beans

- Oven Roasted Sweet Potatoes
- Chuckwagon Corn
- Whole Grain Roll
- Seasonal Fruit

Mango Chicken Salad

- Balsamic Vinaigrette

Thursday, August 20

Lemon Scarpariello Chicken

- Whole Grain Penne
- Spinach
- Whole Wheat Bread
- Fresh Orange

Seafood Salad

- 1000 Island Dressing

Friday, August 21

BBQ Pulled Pork

- Baked Navy Beans
- Broccoli Raisin Salad
- Whole Wheat Hamburger Bun
- Peach Cobbler

Turkey Garden Salad

- Italian Dressing

Monday, August 24

Beef Tips w/Gravy

- Brown Rice
- Broccoli Florets
- Whole Grain Roll
- Fresh Banana

Krab Cake Salad

- Creamy Italian Dressing

Tuesday, August 25

Zesty Baja Chicken Salad

- Black-eyed Pea Salad
- Carrot Slaw
- Whole Wheat Bread
- Pineapple Tidbits

Turkey Chef Salad

- Ranch Salad Dressing

Wednesday, August 26

Lemon Pepper Pollock

- Macaroni & Cheese
- Brussels Sprouts
- Whole Grain Roll
- Fresh Apple

Roast Beef Chef Salad

- Italian Dressing

Thursday, August 27

Meatloaf w/Brown Gravy

- Garlic Whipped Potatoes
- Garden Vegetables
- Whole Wheat Bread
- Fresh Pear

Fall Harvest Chicken Salad

- **Balsamic Vinaigrette**

Friday, August 28

Garlic Rosemary Chicken

- Lima Beans
- Whole Kernel Corn
- Whole Wheat Bread
- Fresh Orange
- **Birthday Dessert**

Taco Salad

- Taco Sauce

Monday, August 31

Chicken Pesto Lasagna

- Tuscany Vegetables
- Zucchini
- Whole Grain Garlic Breadstick
- Ambrosia Salad

Turkey Club Salad

- Blue Cheese Dressing