

Seniors Lunch Menu - May 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.

Friday, May 1

Homemade Salisbury Steak

- Mushroom Gravy
- Whipped Potatoes
- Broccoli
- Whole Grain Roll
- Fresh Banana

Turkey Garden Salad

- Italian Dressing

Monday, May 4

Beef & Broccoli Stir Fry

- Fried Rice
- Edamame
- Multi-Grain Bread
- Tropical Fruit

Krab Cake Salad

- Creamy Italian Dressing

Tuesday, May 5

~ Cinco de Mayo~

Taco Meat

- Lettuce/Tomato/Cheese
- Mexican Rice
- Fiesta Vegetables
- Flour Tortilla
- Fresh Banana

Turkey Chef Salad

- Ranch Salad Dressing

Wednesday, May 6

Catfish

- Roasted Red Pepper Sauce
- Pinto Beans
- Ole' Mixed Vegetables
- Whole Grain Corn Tortilla
- Seasonal Fruit

Roast Beef Chef Salad

- Italian Dressing

Thursday, May 7

Turkey Breast w/Gravy

- Cheesy Potatoes
- Glazed Carrots
- Whole Grain Roll
- Seasonal Fruit

Fall Harvest Salad

- Balsamic Vinaigrette

Friday, May 8

~Mother's Day Lunch~

Roasted Pork

- Dijon Cream Sauce
- Garlic Whipped Potatoes
- Broccoli Florets
- Whole Grain Roll
- Fresh Banana
- Applesauce Cake

Taco Salad

- Taco Sauce

Monday, May 11

Broiled Cod

- Sweet Potato Fries
- Carrots Amandine
- Whole Wheat Bread
- Seasonal Fruit

Chicken Caesar Salad

- Caesar Salad Dressing

Tuesday, May 12

Jamaican Chicken

- Coconut Rice
- Plantains
- Whole Wheat Bread
- Seasonal Fruit

Turkey Club Salad

- Blue Cheese Dressing

Wednesday, May 13

Country Fried Steak

- Country Gravy
- Garlic Whipped Potatoes
- Herbed Green Peas
- Whole Grain Roll
- Seasonal Fruit

Mango Chicken Salad

- Balsamic Vinaigrette

Thursday, May 14

Roasted Pork

- Brown Gravy
- Buttered Rice
- Spring Vegetables
- Whole Grain Roll
- Banana

Seafood Salad

- 1000 Island Dressing

Friday, May 15

Chicken Pesto Lasagna

- Northern Beans
- Broccoli Florets
- Whole Wheat Bread
- Blushing Pears

Turkey Garden Salad

- Italian Dressing

Monday, May 18

Creole Tilapia

- Macaroni & Cheese
- Glazed Baby Carrots
- Whole Grain Roll
- Fresh Orange

Turkey Chef Salad

- Ranch Salad Dressing

Tuesday, May 19

Beef Tamale Pie

- Mexican Rice
- Ranch Beans
- Seasonal Fruit

Krab Cake Salad

- Creamy Italian Dressing

Wednesday, May 20

Parmesan Chicken

- Lemon Orzo
- Zucchini Casserole
- Whole Grain Roll
- Seasonal Fruit

Roast Beef Chef Salad

- Italian Dressing

Thursday, May 21

Beef Patty

- Lettuce/Tomato
- Baked Beans
- Hamburger Bun
- Tropical Fruit Cobbler

Fall Harvest Salad

- Balsamic Vinaigrette

Friday, May 22

~Memorial Day Lunch~

BBQ Chicken

- Baked Beans
- Coleslaw
- Whole Wheat Hamburger Bun
- Peach Crisp

Taco Salad

- Taco Sauce

Monday, May 25

~CLOSED for Memorial Day Holiday~

Tuesday, May 26

Pork Adobo

- Pinto Beans
- Roasted Baby Carrots
- Cornbread
- Fresh Orange

Mango Chicken Salad

- Balsamic Vinaigrette

Wednesday, May 27

Salmon Burger

- Chuckwagon Corn
- Apple Cranberry Coleslaw
- Hamburger Bun
- Mixed Fruit Cobbler

Turkey Club Salad

- Blue Cheese Dressing

Thursday, May 28

Meatloaf

- Brown Gravy
- Whipped Potatoes
- Creamed Spinach
- Whole Grain Roll
- Seasonal Fruit

Seafood Salad

- 1000 Island Dressing

Friday, May 29

Waikiki Chicken

- Cilantro Brown Rice
- Black Beans
- Multi-Grain Bread
- Seasonal Fruit
- Birthday Dessert

Turkey Garden Salad

- Italian Dressing