

Seniors Lunch Menu - September 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.

Tuesday, September 1

Roasted Pork w/Brown Gravy

- Lyonnaise Potatoes
- Corn & Limas
- Whole Grain Roll
- Fresh Pear

Mango Chicken Salad

- Balsamic Vinaigrette

Wednesday, September 2

Butter Chicken

- Lemon Brown Rice
- Tangy Lentils & Cabbage
- Whole Grain Roll
- Seasonal Fruit

Seafood Salad

- Blue Cheese Dressing

Thursday, September 3

Homemade Salisbury Steak

- Mushroom Gravy
- Mashed Spiced Yams
- Broccoli Florets
- Whole Grain Roll
- Fresh Banana

Chicken Caesar Salad

- 1000 Island Dressing

Friday, September 4

~Labor Day Meal~

Beef Patty

- Shredded Lettuce & Tomato
- Baked Beans
- Whole Wheat Hamburger Bun
- Tropical Fruit Cobbler

Turkey Garden Salad

- Italian Dressing

Monday, September 7

~CLOSED for Labor Day holiday~

Tuesday, September 8

Spaghetti Meat Sauce

- Parslied Noodles
- Broccoli Florets
- Whole Grain Garlic Breadstick
- Seasonal Fruit

Krab Cake Salad

- Creamy Italian Dressing

Wednesday, September 9

Salmon Burger

- Oven Roasted Potatoes
- Parslied Carrots
- Whole Wheat Hamburger Bun
- Fluffy Fruit Salad

Fall Harvest Chicken Salad

- Balsamic Vinaigrette

Thursday, September 10

Chicken Salad

- Coleslaw
- Green Bean Salad
- Whole Wheat Bread (2 slices)
- Diced Peaches

Taco Salad

- Taco Sauce

Friday, September 11

Country Fried Steak

- Country Gravy
- Whipped Potatoes
- Whole Kernel Corn
- Whole Grain Roll
- Fresh Pear

Turkey Chef Salad

- Ranch Salad Dressing

Monday, September 14

Mediterranean Chicken

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

Turkey Garden Salad

- Italian Dressing

Tuesday, September 15

Beef Patty

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

Mango Chicken Salad

- Balsamic Vinaigrette

Wednesday, September 16

Homestyle Turkey Patty w/Gravy

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

Chicken Caesar Salad

- Caesar Salad Dressing

Thursday, September 17

Parmesan Crusted Pollock

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

Turkey Club Salad

- Blue Cheese Dressing

Friday, September 18

Pork Chile Verde

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

Seafood Salad

- 1000 Island Dressing

Monday, September 21

Beef Paprikash

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

Krab Cake Salad

- Creamy Italian Dressing

Tuesday, September 22

Chicken Cordon Bleu

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

Turkey Chef Salad

- Ranch Salad Dressing

Wednesday, September 23

Beef Sloppy Joe

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

Fall Harvest Chicken Salad

- Balsamic Vinaigrette

Thursday, September 24

Pork Carnitas

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

Roast Beef Chef Salad

- Italian Dressing

Friday, September 25

Tuna Salad

- Potato Salad
- Confetti Coleslaw
- Whole Wheat Hamburger Bun
- Fresh Banana
- **Birthday Dessert**

Taco Salad

- Taco Sauce

Monday, September 28

Baked Tilapia

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

Chicken Caesar Salad

- Caesar Salad Dressing

Tuesday, September 29

Chicken Enchiladas

- Mexican Rice
- Fiesta Vegetables
- Seasonal Fruit

Turkey Club Salad

- Blue Cheese Dressing

Wednesday, September 30

Beef Chili w/Beans

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

Mango Chicken Salad

- Balsamic Vinaigrette