Washoe County Senior Nutrition

March 2024

Monday	Tuesday	Wednesday	Thursday	Friday
Washoe County Senior Services	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	TRIO Community Meals		Breaded Pollock Brussels Sprouts Cauliflower Whole Wheat Hamburger Bun Fresh Pear
775.328.2575 www.washoecounty.us/seniorsrv	*A substitute item prepared with less sugar will be available.	Nourishment through compassionate care.		Turkey Club Salad Ranch Dressing
Spaghetti Sauce and Meatballs Spaghetti Noodles Broccoli Diced Carrots Whole Grain Roll Fresh Pear	Whole Grain Popcorn Chicken Country Potatoes Whole Kernel Corn Multi-Grain Bread Fresh Apple	Krab Cake Yellow Rice Brussels Sprouts Whole Grain Roll Fresh Apple	Taco Meat Shredded Cheese Lettuce Tomato Pinto Beans Fiesta Vegetable Blend Whole Wheat Tortilla Fresh Orange	Chicken Gumbo Lima Beans Spring Vegetable Blend Cornbread Fresh Banana
Chicken Cordon Bleu Salad Bleu Cheese Dressing	Krab Salad Thousand Island Dressing	Chef Salad Ranch Dressing	Chicken Club Salad Italian Dressing	Jamaican Pork Salad Balsamic Vinaigrette Dressing
Salisbury Beef Brown Gravy Lentil Vegetable Pilaf Brussels Sprouts Whole Wheat Bread Fresh Apple	Sweet and Sour Chicken Brown Rice Diced Carrots Whole Wheat Bread Fresh Orange	Cheese Omelet Crispy Cubed Potatoes Stewed Tomatoes Whole Grain Roll Fresh Pear	Whole Grain Fish Sticks Cheesy Whipped Potatoes Broccoli Whole Wheat Bread Fresh Banana	Corned Beef Roasted Potatoes Cabbage Cornbread Fresh Orange Cinnamon Cake
Chicken Caesar Salad Caesar Dressing	Beef Taco Salad Taco Sauce	Barbecue Chicken Salad Ranch Dressing	Chef Salad Italian Dressing	Jamaican Pork Salad Balsamic Vinaigrette Dressing
Garlic Rosemary Chicken California Vegetable Blend Lima Beans Whole Grain Roll Fresh Pear	Potato Crusted Pollock Dill Sauce Whipped Potatoes Ginger Carrots Multi-Grain Bread Fresh Apple	Chicken Pot Pie Brown Rice Green Beans Whole Grain Roll Fresh Orange	Shredded Pork Sweet Thai Chili Sauce Black Beans Cabbage Whole Grain Roll Fresh Banana	Meatballs w/Marinara Sauce Lemon Roasted Potatoes Cauliflower Whole Wheat Hot Dog Bun Apple Juice
Beef Lo Mein Salad Balsamic Vinaigrette Dressing Tuna Tetrazzini Brussels Sprouts	Turkey Club Salad Italian Dressing 26 Beef Patty Lettuce Tomato	Asian Pork Salad Asian Sesame Dressing 27 Cabbage Casserole Whole Kernel Corn	Southwest Chicken Salad Ranch Dressing 28 Mozzarella Chicken Parslied Rotini	Krab Salad Thousand Island Dressing 29 ~Easter Meal~ Glazed Ham Delmonico Potatoes
Glazed Carrots Whole Wheat Bread Fresh Pear	Coleslaw Ranch Beans Whole Wheat Hamburger Bun Hot Cinnamon Applesauce	Winter Vegetable Blend Whole Grain Roll Fresh Apple	Green Beans Whole Grain Roll Fresh Orange	Brussels Sprouts Whole Wheat Bread Fresh Pear Birthday Dessert*
Chicken Club Salad Italian Dressing	Chef Salad Ranch Dressing	Beef Taco Salad Taco Sauce	Chicken Cordon Bleu Salad Bleu Cheese Dressing	Chicken Caesar Salad Caesar Dressing





the bottom line of farmers, food companies, and retailers. choosing healthy, sustainable food, you are affecting the direction of our food system by influencing Show your support by making healthy and sustainable food decisions with your fork and wallet. By the Table by learning more about the food supply chain and its opportunities to be more sustainable. emissions and uses a massive amount of energy? This National Nutrition Month let's move Beyond Did you know that food production is responsible for nearly one-third of total greenhouse gas (GHG

conservation, integrative pest management, and nutrient management reduced-till, cover crops, crop rotation, crop diversity, livestock integration, agroforestry, water PRODUCTION. Farmers grow crops and raise livestock. Sustainable farming practices: no-till or

saving water, decreasing food waste, and using more sustainable packaging energy sources. Sustainable manufacturing solutions: reducing GHG, using renewable energy, through processing, cooking, and packaging. Food manufacturing relies mostly on non-renewable packaging. Food manufacturing combines and transforms ingredients into various food products PROCESSING. Raw products from farms undergo initial processing such as cleaning, sorting, and

distribution centers or directly to retailers, which has a sizeable impact on GHG emissions and improving the efficiency of cold storage & transportation, and sourcing ingredients locally Greener distribution solutions: optimizing transportation routes using data analytics & technology, energy usage because food is often shipped long distances and needs to be climate controlled. **DISTRIBUTION.** Processed food products are transported from manufacturing facilities to

or other retail outlets and may be distributed to restaurants, cafes, and other food service lighting, heating & cooling systems, and product sourcing from sustainable & ethical suppliers establishments. Sustainable retail solutions: food waste reduction strategies, energy-efficient RETAIL. Food products are made available to consumers through grocery stores, supermarkets,

and food donations when food waste does occur planning, purchasing smaller quantities, using most of the produce when cooking, and composting methane (a more potent GHG than carbon) as it decomposes. Food waste solutions: proper meal KITCHEN. Every kitchen has an environmental opportunity to reduce food waste, which releases

plant-based foods, choose local foods, and eat seasonally foods, eat smaller portions, reduce meat & dairy consumption, replace animal-based foods with season make a difference. Healthy, sustainable diet solutions: choose whole foods vs processed TABLE. What's on your plate impacts the environment too. Where it came from, what it is, and the



WASHOE COUNTY Nutrition Sites

Monday - Friday

Senior Center in Reno

775-328-2786

1155 E. 9th Street, Reno

Reservations at 9th Street Center
Hot Meal: No reservation required
Salad Meal: Make reservation by 8:30am
on the day of service in person or
by phone at 775-328-2786

The following sites require reservations for hot meal and salad meal. Make your reservation by 8:30am on the day the meal is served.
Thank you.

Neil Road Rec Center

775-328-2786

3925 Neil Road, Reno

Turn on Mauldin, last building on left

Senior Center in Sparks

775-353-3113

97 Richards Way, Sparks

Metropolitan Gardens

Sign up at site

325 E. 7th Street, Reno

Senior Center in Sun Valley

775-328-2786

115 W. 6th Avenue, Sun Valley

Sierra Manor

775-328-2786

2350 Paradise Drive, Reno

Cold Spring Senior Center

775-328-2786

3355 White Lake Pkwy, Reno

Rainbow Bend

775-328-2786

800 Peri Ranch Road, Lockwood

Spanish Springs, Lazy 5 Regional Park

775-328-2786

7100 Pyramid Way, Sparks

Open Tuesday-Friday

Senior Center in Gerlach 775-557-2206

385 E. Sunset Blvd, Gerlach, NV 89412 (106 miles from Reno)

Westbrook Community Center

775-328-2786

315 Westbrook Lane, Lemmon Valley