

# Washoe County Senior Nutrition

## March 2024



Monday	Tuesday	Wednesday	Thursday	Friday
 <p>Washoe County Senior Services 775.328.2575 <a href="http://www.washoecounty.us/seniorsrv">www.washoecounty.us/seniorsrv</a></p>	<p>Meals are offered to seniors 60 and older for a suggested \$2.00 donation</p> <hr/> <p>Individuals under 60 may purchase a meal for \$4.00</p> <hr/> <p>Milk &amp; condiments served with meals</p> <hr/> <p>*A substitute item prepared with less sugar will be available.</p>	 <p>Nourishment through compassionate care.</p>		<p><b>1</b></p> <p><b>Breaded Pollock</b> Brussels Sprouts Cauliflower Whole Wheat Hamburger Bun Fresh Pear</p> <p><b>Turkey Club Salad</b> <b>Ranch Dressing</b></p>
<p><b>4</b></p> <p><b>Spaghetti Sauce and Meatballs</b> Spaghetti Noodles Broccoli Diced Carrots Whole Grain Roll Fresh Pear</p> <p><b>Chicken Cordon Bleu Salad</b> <b>Bleu Cheese Dressing</b></p>	<p><b>5</b></p> <p><b>Whole Grain Popcorn Chicken</b> Country Potatoes Whole Kernel Corn Multi-Grain Bread Fresh Apple</p> <p><b>Krab Salad</b> <b>Thousand Island Dressing</b></p>	<p><b>6</b></p> <p><b>Krab Cake</b> Yellow Rice Brussels Sprouts Whole Grain Roll Fresh Apple</p> <p><b>Chef Salad</b> <b>Ranch Dressing</b></p>	<p><b>7</b></p> <p><b>Taco Meat</b> Shredded Cheese Lettuce   Tomato Pinto Beans Fiesta Vegetable Blend Whole Wheat Tortilla Fresh Orange</p> <p><b>Chicken Club Salad</b> <b>Italian Dressing</b></p>	<p><b>8</b></p> <p><b>Chicken Gumbo</b> Lima Beans Spring Vegetable Blend Cornbread Fresh Banana</p> <p><b>Jamaican Pork Salad</b> <b>Balsamic Vinaigrette Dressing</b></p>
<p><b>11</b></p> <p><b>Salisbury Beef</b> Brown Gravy Lentil Vegetable Pilaf Brussels Sprouts Whole Wheat Bread Fresh Apple</p> <p><b>Chicken Caesar Salad</b> <b>Caesar Dressing</b></p>	<p><b>12</b></p> <p><b>Sweet and Sour Chicken</b> Brown Rice Diced Carrots Whole Wheat Bread Fresh Orange</p> <p><b>Beef Taco Salad</b> <b>Taco Sauce</b></p>	<p><b>13</b></p> <p><b>Cheese Omelet</b> Crispy Cubed Potatoes Stewed Tomatoes Whole Grain Roll Fresh Pear</p> <p><b>Barbecue Chicken Salad</b> <b>Ranch Dressing</b></p>	<p><b>14</b></p> <p><b>Whole Grain Fish Sticks</b> Cheesy Whipped Potatoes Broccoli Whole Wheat Bread Fresh Banana</p> <p><b>Chef Salad</b> <b>Italian Dressing</b></p>	<p><b>15</b></p> <p>~ St. Patrick's Day ~</p> <p><b>Corned Beef</b> Roasted Potatoes Cabbage Cornbread Fresh Orange Cinnamon Cake</p> <p><b>Jamaican Pork Salad</b> <b>Balsamic Vinaigrette Dressing</b></p>
<p><b>18</b></p> <p><b>Garlic Rosemary Chicken</b> California Vegetable Blend Lima Beans Whole Grain Roll Fresh Pear</p> <p><b>Beef Lo Mein Salad</b> <b>Balsamic Vinaigrette Dressing</b></p>	<p><b>19</b></p> <p><b>Potato Crusted Pollock</b> <b>Dill Sauce</b> Whipped Potatoes Ginger Carrots Multi-Grain Bread Fresh Apple</p> <p><b>Turkey Club Salad</b> <b>Italian Dressing</b></p>	<p><b>20</b></p> <p><b>Chicken Pot Pie</b> Brown Rice Green Beans Whole Grain Roll Fresh Orange</p> <p><b>Asian Pork Salad</b> <b>Asian Sesame Dressing</b></p>	<p><b>21</b></p> <p><b>Shredded Pork</b> <b>Sweet Thai Chili Sauce</b> Black Beans Cabbage Whole Grain Roll Fresh Banana</p> <p><b>Southwest Chicken Salad</b> <b>Ranch Dressing</b></p>	<p><b>22</b></p> <p><b>Meatballs w/Marinara Sauce</b> Lemon Roasted Potatoes Cauliflower Whole Wheat Hot Dog Bun Apple Juice</p> <p><b>Krab Salad</b> <b>Thousand Island Dressing</b></p>
<p><b>25</b></p> <p><b>Tuna Tetrizzini</b> Brussels Sprouts Glazed Carrots Whole Wheat Bread Fresh Pear</p> <p><b>Chicken Club Salad</b> <b>Italian Dressing</b></p>	<p><b>26</b></p> <p><b>Beef Patty</b> Lettuce   Tomato Coleslaw Ranch Beans Whole Wheat Hamburger Bun Hot Cinnamon Applesauce</p> <p><b>Chef Salad</b> <b>Ranch Dressing</b></p>	<p><b>27</b></p> <p><b>Cabbage Casserole</b> Whole Kernel Corn Winter Vegetable Blend Whole Grain Roll Fresh Apple</p> <p><b>Beef Taco Salad</b> <b>Taco Sauce</b></p>	<p><b>28</b></p> <p><b>Mozzarella Chicken</b> Parslied Rotini Green Beans Whole Grain Roll Fresh Orange</p> <p><b>Chicken Cordon Bleu Salad</b> <b>Bleu Cheese Dressing</b></p>	<p><b>29</b></p> <p>~Easter Meal~</p> <p><b>Glazed Ham</b> Delmonico Potatoes Brussels Sprouts Whole Wheat Bread Fresh Pear Birthday Dessert*</p> <p><b>Chicken Caesar Salad</b> <b>Caesar Dressing</b></p>



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

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

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

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



**Senior Center in Reno**  
775-328-2786  
1155 E. 9<sup>th</sup> Street, Reno

Reservations at 9<sup>th</sup> 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.

775-328-2786

3925 Neil Road, Reno  
Turn on Mauldin, last building on left

775-353-3113

Sign up at site  
325 E. 7th Street, Reno

775-328-2786

115 W. 6th Avenue, Sun Valley

775-328-2786

2350 Paradise Drive, Reno

775-328-2786

3355 White Lake Pkwy, Reno

775-328-2786

800 Peri Ranch Road, Lockwood

## Lazy 5 Regional Park

775-328-2786

7100 Pyramid Way, Sparks

## Senior Center in Gerlach

775-557-2206

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

775-328-2786

315 Westbrook Lane, Lemmon Valley