

Washoe County Senior Nutrition

April 2024

Monday	Tuesday	Wednesday	Thursday	Friday
<p>1</p> <p>Whole Grain Fish Sticks Macaroni and Cheese Fiesta Vegetable Blend Whole Wheat Bread Fresh Apple</p> <p><i>Beef Lo Mein Salad</i> <i>Balsamic Vinaigrette Dressing</i></p>	<p>2</p> <p>Beef and Bean Burrito Chili con Carne Mexican Rice Whole Kernel Corn Fresh Orange</p> <p><i>Southwest Chicken Salad</i> <i>Ranch Dressing</i></p>	<p>3</p> <p>Parmesan Chicken Orzo Brussels Sprouts Whole Wheat Bread Fresh Pear</p> <p><i>Asian Pork Salad</i> <i>Asian Sesame Dressing</i></p>	<p>4</p> <p>Beef Patty Baked Beans Hot Applesauce Whole Wheat Hamburger Bun Blended Fruit Juice</p> <p><i>Turkey Club Salad</i> <i>Italian Dressing</i></p>	<p>5</p> <p>Chicken Fettuccini Broccoli Peas and Carrots Whole Grain Roll Fresh Banana</p> <p><i>Krab Salad</i> <i>Thousand Island Dressing</i></p>
<p>8</p> <p>Chicken and Rice Casserole Green Peas Parslied Carrots Multi-Grain Bread Fresh Orange</p> <p><i>Chef Salad</i> <i>Ranch Dressing</i></p>	<p>9</p> <p>Pork Adobo Pinto Beans Broccoli and Cauliflower Cornbread Fresh Pear</p> <p><i>Beef Taco Salad</i> <i>Taco Sauce</i></p>	<p>10</p> <p>Meatloaf with Gravy Whipped Potatoes Spinach Whole Grain Roll Fresh Banana</p> <p><i>Chicken Cordon Bleu Salad</i> <i>Bleu Cheese Dressing</i></p>	<p>11</p> <p>Tuna Noodle Au Gratin Corn O'Brien Kidney Beans Whole Wheat Bread Orange Juice</p> <p><i>Chicken Club Salad</i> <i>Italian Dressing</i></p>	<p>12</p> <p>Spaghetti Meat Sauce Parslied Noodles Green Beans with Red Peppers Whole Grain Garlic Breadstick Fresh Apple</p> <p><i>Chicken Caesar Salad</i> <i>Caesar Dressing</i></p>
<p>15</p> <p>Beef Jardiniere Country Potatoes Spinach Whole Wheat Bread Fresh Apple</p> <p><i>Berry Almond Chicken Salad</i> <i>Raspberry Vinaigrette Dressing</i></p>	<p>16</p> <p>Sweet and Sour Pork Fried Rice Sliced Carrots Whole Grain Roll Fresh Orange</p> <p><i>Turkey Club Salad</i> <i>Ranch Dressing</i></p>	<p>17</p> <p>Chicken Cordon Bleu Brown Rice Florentine Brussels Sprouts Whole Wheat Bread Fresh Banana</p> <p><i>Krab Salad</i> <i>Thousand Island Dressing</i></p>	<p>18</p> <p>Krab Cake Lentil Vegetable Pilaf California Vegetable Blend Whole Grain Roll Fresh Pear</p> <p><i>Asian Pork Salad</i> <i>Asian Sesame Dressing</i></p>	<p>19</p> <p>King Ranch Chicken Casserole Pinto Beans Fiesta Vegetable Blend Cornbread Blended Fruit Juice</p> <p><i>Beef Lo Mein Salad</i> <i>Balsamic Vinaigrette Dressing</i></p>
<p>22</p> <p>Lemon Pepper Pollock Lentil Vegetable Pilaf Glazed Carrots Whole Grain Roll Fresh Orange</p> <p><i>Jamaican Pork Salad</i> <i>Balsamic Vinaigrette Dressing</i></p>	<p>23</p> <p>Whole Grain Popcorn Chicken Macaroni and Cheese Green Beans with Red Peppers Whole Grain Roll Fresh Apple</p> <p><i>Chef Salad</i> <i>Ranch Dressing</i></p>	<p>24</p> <p>Shepherd's Pie Green Peas Cauliflower Multi-Grain Bread Blended Fruit Juice</p> <p><i>Chicken Caesar Salad</i> <i>Caesar Dressing</i></p>	<p>25</p> <p>Chicken Cacciatore Garlic and Red Pepper Penne Northern Beans Whole Grain Roll Fresh Pear</p> <p><i>Beef Taco Salad</i> <i>Taco Sauce</i></p>	<p>26</p> <p>Smothered Meatballs Whipped Potatoes Broccoli Whole Grain Roll Fresh Banana Birthday Dessert*</p> <p><i>Chicken Club Salad</i> <i>Italian Dressing</i></p>
<p>29</p> <p>Swedish Meatballs Fettuccini Noodles Cabbage Multi-Grain Bread Fresh Apple</p> <p><i>Barbecue Chicken Salad</i> <i>Ranch Dressing</i></p>	<p>30</p> <p>Caprese Chicken Northern Beans Brussels Sprouts Whole Grain Roll Fresh Banana</p> <p><i>Asian Pork Salad</i> <i>Asian Sesame Dressing</i></p>	 <p>TRIO Community Meals</p> <p>Nourishment through compassionate care.</p>		<p>Meals are offered to seniors 60 and older for a suggested \$2.00 donation</p> <p>Individuals under 60 may purchase a meal for \$4.00</p> <p>Milk & condiments served with meals</p> <p>*A substitute item prepared with less sugar will be available.</p>
				 <p>Washoe County Senior Services 775.328.2575 www.washoecounty.us/seniorsrv</p>