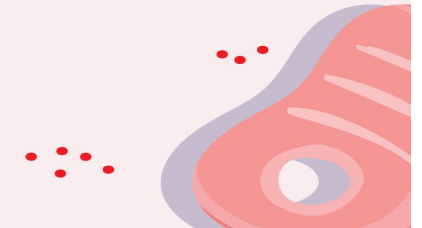





Washoe County Senior Nutrition



April 2025



Monday	Tuesday	Wednesday	Thursday	Friday
	1 Baked Tilapia Tarragon Sauce Northern Beans Broccoli Florets Whole Grain Roll Fresh Banana <i>Mango Chicken Salad</i> <i>Balsamic Vinaigrette</i>	2 Cuban Shredded Pork Corn O'Brien Red and White Coleslaw Whole Wheat Hamburger Bun Pineapple Cobbler <i>Turkey Club Salad</i> <i>Blue Cheese Dressing</i>	3 Homemade Salisbury Steak Brown Gravy Green & Gold Potato Casserole Brussels Sprouts Wheat Bread Fresh Apple <i>Seafood Salad</i> <i>1000 Island Dressing</i>	4 Mongolian Chicken Brown Fried Rice Glazed Baby Carrots Wheat Bread Fresh Orange <i>Turkey Garden Salad</i> <i>Italian Dressing</i>
7 Whole Grain Fish Sticks Macaroni & Cheese Parslied Carrots Whole Wheat Bread Fresh Orange <i>Krab Cake Salad</i> <i>Creamy Italian Dressing</i>	8 Beef Tamale Pie Mexican Rice Ranch Beans Seasonal Fruit <i>Turkey Chef Salad</i> <i>Ranch Salad Dressing</i>	9 Parmesan Chicken Lemon Orzo Brussels Sprouts Whole Grain Roll Fresh Pear <i>Fall Harvest Salad</i> <i>Balsamic Vinaigrette</i>	10 Beef Patty Lettuce/Tomato Baked Beans Hamburger Bun Hot Spiced Fruit <i>Roast Beef Chef Salad</i> <i>Italian Dressing</i>	11 Chicken Alfredo Broccoli Florets Whole Kernel Corn Whole Grain Roll Diced Peaches <i>Taco Salad</i> <i>Taco Sauce</i>
14 Spaghetti Meat Sauce Whole Grain Spaghetti Noodles Green Beans w/Peppers Whole Grain Garlic Breadstick Fresh Pear <i>Chicken Caesar Salad</i> <i>Caesar Salad Dressing</i>	15 Pork Adobo Pinto Beans Roasted Baby Carrots Cornbread Fresh Orange <i>Mango Chicken Salad</i> <i>Balsamic Vinaigrette</i>	16 Salmon Burger Chuckwagon Corn Apple Cranberry Coleslaw Hamburger Bun Mixed Fruit Cobbler <i>Turkey Club Salad</i> <i>Blue Cheese Dressing</i>	17 Meatloaf Brown Gravy Whipped Potatoes Creamed Spinach Whole Grain Roll Seasonal Fruit <i>Seafood Salad</i> <i>1000 Island Dressing</i>	18 ~Easter Meal~ Glazed Ham Delmonico Potatoes Broccoli Florets Wheat Bread Fresh Pear Coconut Cake <i>Turkey Garden Salad</i> <i>Italian Dressing</i>
21 Chicken Cordon Bleu Lemon Roasted Potatoes Brussels Sprouts Whole Wheat Bread Seasonal Fruit <i>Krab Cake Salad</i> <i>Creamy Italian Dressing</i>	22 Sweet and Sour Pork Jasmine Rice Ginger Carrots Asian Coleslaw Whole Grain Roll Apple Crisp <i>Turkey Chef Salad</i> <i>Ranch Salad Dressing</i>	23 Broiled Cod Lemon Caper Sauce Lentil Vegetable Pilaf California Vegetables Whole Grain Roll Fresh Banana <i>Fall Harvest Salad</i> <i>Balsamic Vinaigrette</i>	24 Homestyle Turkey Patty Poultry Gravy Whipped Potatoes Black-eyed Peas Whole Wheat Bread Seasonal Fruit <i>Roast Beef Chef Salad</i> <i>Italian Dressing</i>	25 Beef Tips w/Gravy Rosemary Potatoes Whole Kernel Corn Whole Wheat Bread Seasonal Fruit Birthday Dessert <i>Taco Salad</i> <i>Taco Sauce</i>
28 Lemon Pepper Tilapia Fall Vegetable Hash Corn Casserole Whole Grain Roll Seasonal Fruit <i>Chicken Caesar Salad</i> <i>Caesar Salad Dressing</i>	29 BBQ Chicken Breast Macaroni & Cheese Green Beans w/Red Peppers Whole Grain Roll Seasonal Fruit <i>Mango Chicken Salad</i> <i>Balsamic Vinaigrette</i>	30 Beef Irish Stew Green Peas Lima Beans Whole Grain Roll Seasonal Fruit <i>Turkey Club Salad</i> <i>Blue Cheese Dressing</i>	Washoe County Senior Services 775-328-2575 www.washoecounty.gov/seniorsrv 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 - *A substitute item prepared with less sugar will be available.