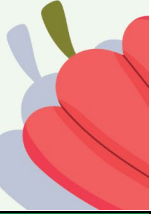




Washoe County Senior Nutrition

May 2025



Monday	Tuesday	Wednesday	Thursday	Friday
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.	 TRIO Community Meals <i>Nourishment through compassionate care.</i>	1 Chicken Cacciatore Garlic & Red Pepper Penne Northern Beans Garlic Breadstick Fresh Pear Seafood Salad <i>1000 Island Dressing</i>	2 Homemade Salisbury Steak Mushroom Gravy Whipped Potatoes Broccoli Whole Grain Roll Fresh Banana Turkey Garden Salad <i>Italian Dressing</i>
5 ~Cinco de Mayo~ Taco Meat Lettuce/Tomato/Cheese Mexican Rice Fiesta Vegetables Flour Tortilla Fresh Banana Krab Cake Salad <i>Creamy Italian Dressing</i>	6 Tuscan Chicken Parslied Rotini Brussels Sprouts Whole Grain Roll Fresh Banana Turkey Chef Salad <i>Ranch Salad Dressing</i>	7 Baked Tilapia Salsa Verde Pinto Beans Zucchini & Tomatoes Whole Grain Corn Tortilla Seasonal Fruit Fall Harvest Salad <i>Balsamic Vinaigrette</i>	8 Turkey Breast w/Gravy Cheesy Potatoes Glazed Carrots Whole Grain Roll Fresh Pear Roast Beef Chef Salad <i>Italian Dressing</i>	9 ~Mother's Day~ Roasted Pork Dijon Cream Sauce Garlic Whipped Potatoes Broccoli Florets Whole Grain Roll Fresh Banana Applesauce Cake Taco Salad <i>Taco Sauce</i>
12 Tuna Croquette Sweet Potato Fries Carrots Amandine Whole Wheat Bread Seasonal Fruit Chicken Caesar Salad <i>Caesar Salad Dressing</i>	13 Jamaican Chicken Coconut Rice Plantains Whole Wheat Bread Seasonal Fruit Mango Chicken Salad <i>Balsamic Vinaigrette</i>	14 Country Fried Steak Country Gravy Garlic Whipped Potatoes Herbed Green Peas Whole Grain Roll Seasonal Fruit Turkey Club Salad <i>Blue Cheese Dressing</i>	15 Roasted Pork Brown Gravy Buttered Rice Spring Vegetables Whole Grain Roll Banana Seafood Salad <i>1000 Island Dressing</i>	16 Chicken Pesto Lasagna Northern Beans Broccoli Florets Whole Wheat Bread Blushing Pears Turkey Garden Salad <i>Italian Dressing</i>
19 Whole Grain Fish Sticks Macaroni & Cheese Parslied Carrots Whole Wheat Bread Fresh Orange Krab Cake Salad <i>Creamy Italian Dressing</i>	20 Beef Tamale Pie Mexican Rice Ranch Beans Seasonal Fruit Turkey Chef Salad <i>Ranch Salad Dressing</i>	21 Parmesan Chicken Lemon Orzo Brussels Sprouts Whole Grain Roll Fresh Pear Fall Harvest Salad <i>Balsamic Vinaigrette</i>	22 Beef Patty Lettuce/Tomato Baked Beans Hamburger Bun Hot Spiced Fruit Roast Beef Chef Salad <i>Italian Dressing</i>	23 ~Memorial Day~ BBQ Chicken Baked Beans Coleslaw Whole Wheat Hamburger Bun Peach Crisp Taco Salad <i>Taco Sauce</i>
26 Closed for Holiday	27 Pork Adobo Pinto Beans Roasted Baby Carrots Cornbread Fresh Orange Mango Chicken Salad <i>Balsamic Vinaigrette</i>	28 Salmon Burger Chuckwagon Corn Apple Cranberry Coleslaw Hamburger Bun Mixed Fruit Cobbler Turkey Club Salad <i>Blue Cheese Dressing</i>	29 Meatloaf Brown Gravy Whipped Potatoes Creamed Spinach Whole Grain Roll Seasonal Fruit Seafood Salad <i>1000 Island Dressing</i>	30 Waikiki Chicken Cilantro Brown Rice Black Beans Multi-Grain Bread Seasonal Fruit Birthday Dessert Turkey Garden Salad <i>Italian Dressing</i>