



Washoe County Senior Nutrition



October 2025



Monday	Tuesday	Wednesday	Thursday	Friday
Washoe County Senior Services - 775.328.2575 - www.washoecounty.us/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.	1 Sloppy Joe Sweet Potatoes Cauliflower Whole Wheat Hamburger Bun Diced Pears Turkey Club Salad Blue Cheese Dressing	2 Cuban Shredded Pork Spanish Rice Pinto Beans Cornbread Seasonal Fruit Mango Chicken Salad Balsamic Vinaigrette	3 Tuna Salad Herbed Potato Salad Confetti Coleslaw Whole Wheat Hamburger Bun Banana Turkey Garden Salad Italian Dressing
6 Chicken Cordon Bleu Lemon Roasted Potatoes Brussels Sprouts Whole Grain Roll Seasonal Fruit Krab Cake Salad Creamy Italian Dressing	7 Sesame Mustard Pork Lentil Vegetable Pilaf Glazed Carrots Whole Wheat Bread Fresh Orange Turkey Chef Salad Ranch Salad Dressing	8 Beef and Broccoli Stir Fry Vegetable Lo Mein Asian Green Beans Whole Grain Roll Tropical Fruit Taco Salad Taco Sauce	9 Salmon Burger Lima Beans Coleslaw Whole Wheat Hamburger Bun Peach Crisp Roast Beef Chef Salad Italian Dressing	10 Chicken Shawarma Lemon Orzo Garden Vegetables Whole Wheat Bread Seasonal Fruit Fall Harvest Salad Balsamic Vinaigrette
13 Hawaiian Chicken Black Beans Pineapple Carrots Whole Grain Roll Seasonal Fruit Turkey Club Salad Blue Cheese Dressing	14 Baked Tilapia Dill Sauce Rice Florentine Key Largo Vegetables Whole Grain Roll Seasonal Fruit Asian Pork Salad Asian Sesame Dressing	15 Soy Ginger Roasted Pork Baked Sweet Potato Green Beans Cornbread Seasonal Fruit Seafood Salad 1000 Island Dressing	16 Lasagna Casserole Whole Kernel Corn Broccoli Whole Grain Garlic Breadstick Pineapple Tidbits Mango Chicken Salad Balsamic Vinaigrette	17 Homemade Salisbury Steak Onion Gravy O'Brien Potatoes Mixed Green Salad Whole Wheat Bread Apple Raisin Compote Beef Lo Mein Salad Italian Dressing
20 Thai Chicken Jasmine Rice Asian Vegetables Pita Bread Seasonal Fruit Krab Cake Salad Creamy Italian Dressing	21 Pork Adobo Brown Rice Black Beans Winter Vegetables Whole Wheat Bread Diced Pears Turkey Chef Salad Ranch Salad Dressing	22 Barbecue Chicken Baked Beans Spring Vegetables Whole Wheat Bread Seasonal Fruit Taco Salad Taco Sauce	23 Broiled Cod Delmonico Potatoes Herbed Green Peas Cucumber Salad Whole Grain Roll Hot Diced Peaches Roast Beef Chef Salad Italian Dressing	24 Meatloaf w/Gravy Whipped Potatoes Green Beans Whole Grain Roll Seasonal Fruit Birthday Dessert Fall Harvest Salad Balsamic Vinaigrette
27 Parmesan Crusted Pollock Confetti Rice Lima Beans Cheesy Brussels Sprouts Whole Grain Roll Rosy Applesauce Turkey Club Salad Blue Cheese Dressing	28 Chicken Caprese Garlic & Red Pepper Penne Italian Vegetables Club Spinach Whole Grain Garlic Breadstick Tropical Fruit Asian Pork Salad Asian Sesame Dressing	29 Cuban Shredded Pork Ranch Beans Pineapple Slaw Whole Wheat Hamburger Bun Apple Cobbler Seafood Salad 1000 Island Dressing	30 ~Halloween Meal~ Sausage w/Onions & Peppers Potato Wedges Baked Beans Whole Wheat Hot Dog Bun Fruit Cocktail Mango Chicken Salad Balsamic Vinaigrette	31 Closed for Holiday



EAT TO BEAT INFLAMMATION

Chronic inflammation may harm your heart, joints, and overall health. Good nutrition and lifestyle choices can help reduce inflammation.

Foods that Fight Inflammation

- **Fruits and Vegetables:** Rich in nutrients that fight inflammation.
 - Fill half your plate with fruits and veggies.
 - Use fresh, frozen, canned (low sodium), or dried (no added sugar).
- **Healthy Fats:** Monounsaturated fats and omega-3 fatty acids may reduce inflammation.
 - Eat fatty fish 2–3 times/week.
 - Use chia, flaxseed, walnuts, or hemp seeds.
 - Cook with olive, avocado, peanut or canola oils.
- **Whole Grains:** Support your immune system and inflammation with fiber rich grains. Choose whole grains like:
 - Oatmeal • Brown rice • Whole wheat bread • Quinoa

Emerging Anti-Inflammatory Foods

Adding these foods to a balanced diet may be beneficial in fighting inflammation:

Dark chocolate (more than 70% cocoa), kefir, kimchi, green tea, matcha, spirulina, black garlic, barberry, turmeric, and ginger

Foods that Contribute to Inflammation

- **Highly Processed Foods:** Include snacks, sweets, sugary drinks, or some packaged meals.
 - Often high in sugar and saturated fat with low nutritional value.
 - Choose whole ingredients when cooking and making snack choices.
- **Full Fat Dairy & Animal Proteins:** Higher in saturated fat. Choose leaner proteins like:
 - Skinless poultry • Low-fat dairy
 - Seafood • Beans or tofu

Lifestyle Habits That Help

Lifestyle factors also impact chronic inflammation.

- **Sleep:** Aim for 7–9 hours of quality sleep each night.
- **Activity:** Move daily—walk, garden, or stretch for 30–60 minutes.
- **Weight:** Maintaining a healthy weight can help reduce inflammation.