



TRIO
Community Meals

**Nourishment through
compassionate care.**

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	1 Beef Tamale Pie Mexican Rice Ranch Beans Seasonal Fruit <i>Turkey Chef Salad Ranch Salad Dressing</i>	2 Parmesan Chicken Lemon Orzo Brussels Sprouts Whole Grain Roll Fresh Pear <i>Fall Harvest Salad Balsamic Vinaigrette</i>	3 ~Independence Day~ Beef Frank Potato Wedges Whole Grain Hot Dog Bun Bread Pudding Fresh Orange <i>Roast Beef Chef Salad Italian Dressing</i>	4 <i>Closed for Holiday</i>
7 Beef Bibimbap Bowl Whole Kernel Corn Parslied Carrots Whole Wheat Bread Mandarin Oranges <i>Chicken Caesar Salad Caesar Salad Dressing</i>	8 Chicken Cordon Bleu Red Potatoes Broccoli Florets Whole Grain Roll Seasonal Fruit <i>Seafood Salad 1000 Island Dressing</i>	9 Sloppy Joe Roasted Sweet Potatoes Cauliflower Whole Wheat Hamburger Bun Diced Pears <i>Turkey Club Salad Blue Cheese Dressing</i>	10 Cuban Shredded Pork Spanish Rice Pinto Beans Cornbread Seasonal Fruit <i>Mango Chicken Salad Balsamic Vinaigrette</i>	11 Tuna Salad Herbed Potato Salad Confetti Coleslaw Whole Wheat Hamburger Bun Fresh Banana <i>Turkey Garden Salad Italian Dressing</i>
14 Beef Chili w/Beans Green & Gold Potato Casserole Chuckwagon Corn Whole Grain Roll Fresh Pear <i>Krab Cake Salad Creamy Italian Dressing</i>	15 Chicken Enchiladas Mexican Rice Fiesta Vegetables Seasonal Fruit <i>Turkey Chef Salad Ranch Salad Dressing</i>	16 Baked Tilapia Dill Sauce Buttered Tortellini Brussels Sprouts Whole Grain Roll Fresh Banana <i>Fall Harvest Salad Balsamic Vinaigrette</i>	17 Lemon Scarpariello Chicken Whole Grain Penne Pasta Spinach Whole Wheat Bread Fresh Orange <i>Roast Beef Chef Salad Italian Dressing</i>	18 BBQ Pulled Pork Mixed Beans Broccoli Raisin Salad Whole Wheat Hamburger Bun Apple Cobbler <i>Taco Salad Taco Sauce</i>
21 Beef Tips with Gravy Steamed Rice Broccoli Florets Whole Grain Roll Fresh Banana <i>Chicken Caesar Salad Caesar Salad Dressing</i>	22 Chicken Pasta Salad Black-eyed Pea Salad Carrot Slaw Whole Wheat Bread Pineapple Tidbits <i>Seafood Salad 1000 Island Dressing</i>	23 Meatloaf Brown Gravy Garlic Whipped Potatoes Garden Vegetables Whole Wheat Bread Fresh Pear <i>Turkey Club Salad Blue Cheese Dressing</i>	24 Lemon Pepper Pollock Macaroni & Cheese Brussels Sprouts Whole Grain Roll Fresh Apple <i>Mango Chicken Salad Balsamic Vinaigrette</i>	25 BBQ Baked Chicken Baked Beans Mixed Vegetables Whole Wheat Bread Fresh Orange Birthday Dessert <i>Turkey Garden Salad Italian Dressing</i>
28 Chicken Pesto Lasagna Tuscan Vegetables Zucchini Whole Grain Garlic Breadstick Ambrosia Salad <i>Krab Cake Salad Creamy Italian Dressing</i>	29 Homestyle Salisbury Steak Mushroom Gravy Whipped Sweet Potatoes Broccoli Florets Whole Grain Roll Fresh Banana <i>Turkey Chef Salad Ranch Salad Dressing</i>	30 Butter Chicken Lemon Brown Rice Tangy Lentils & Cabbage Whole Grain Roll Seasonal Fruit <i>Fall Harvest Salad Balsamic Vinaigrette</i>	31 Roasted Pork Brown Gravy Lyonnaise Potatoes Succotash Whole Grain Roll Fresh Pear <i>Roast Beef Chef Salad Italian Dressing</i>	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.



Not all processed foods are bad. Even washing, cutting, or freezing food counts as processing. The **NOVA** classification system helps us understand the degree of processing and its impact on health:

NOVA 1: Unprocessed or Minimally Processed Foods	NOVA 2: Processed Culinary Ingredients	NOVA 3: Processed Foods	NOVA 4: Ultra-Processed Foods
• Close to their natural state, nutrient-dense • No added preservatives or artificial ingredients	• Extracted from natural foods for cooking • Best used in moderation	• Modified with salt, sugar, or oil • Still close to natural state and contain important nutrients • More convenient and longer lasting	• Heavily altered, contain additives not used in home kitchens • Convenient but often high in sugar, sodium, unhealthy fats • Some can provide important nutrients
Examples: fresh or frozen fruits or vegetables, fresh eggs, plain milk or yogurt, brown rice or oats, dried beans or lentils, fresh chicken or fish, unsalted nuts or seeds	Examples: butter, maple syrup, honey, olive oil, spices, dried herbs, vinegar, sugar, soy sauce, lard	Examples: canned vegetables and beans (with salt), natural cheese, fresh bread (few ingredients), whole grain pasta, hummus, canned fish (in oil or brine), roasted & salted nuts, fortified whole grain cereal	Examples: soda, chips, candy, microwave meals, chicken nuggets, fast food

Use NOVA as a Helpful Guide - Not a Rulebook

NOVA can help you recognize foods that are more or less processed—but it's not all or nothing.

- ▶ Choose more whole foods, fewer highly processed items.
- ▶ Read labels and make choices that work for your budget and lifestyle.
- ▶ Some packaged foods can still be part of a healthy, balanced diet.