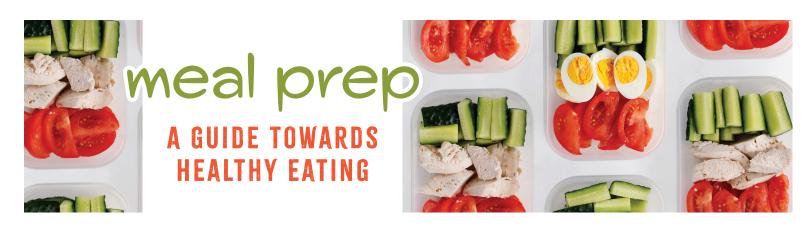


Washoe County Senior Nutrition

August 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.	TRIO Community Meals Nourishment through	S COUNTY, ARY	Tuna Croquette Navy Beans Cheesy Brussels Sprouts Whole Grain Roll Seasonal Fruit
		compassionate care.		Taco Sauce
Spaghetti Meat Sauce Parslied Noodles Broccoli Florets Whole Grain Garlic Breadstick Seasonal Fruit	Caribbean Chicken Coconut Rice California Vegetables Whole Wheat Bread Seasonal Fruit	Salmon Burger Oven Roasted Potatoes Parslied Carrots Whole Wheat Hamburger Bun Fluffy Fruit Salad	7 Chicken Salad Green Bean Salad Coleslaw Whole Wheat Bread (2 sl) Diced Peaches	Beef Patty Lettuce Tomato Crispy Cubed Potatoes Ranch Beans Whole Wheat Hamburger Bun Mandarin Oranges
Chicken Caesar Salad Caesar Salad Dressing	Seafood Salad 1000 Island Dressina	Turkey Club Salad Blue Cheese Dressing	Mango Chicken Salad Balsamic Vinaigrette	Turkey Garden Salad Italian Dressina
Mediterranean Chicken Whole Grain Rotini Pasta Glazed Carrots Whole Grain Garlic Breadstick Seasonal Fruit	Country Fried Steak Country Gravy Whipped Potatoes Whole Kernel Corn Whole Grain Roll Seasonal Fruit	Parmesan Crusted Pollock Polenta w/Mushroom Sauce Green Beans w/Tomatoes Whole Grain Roll Seasonal Fruit	Homestyle Turkey Patty Poultry Gravy Lentil Vegetable Pilaf Peas w/Onions & Peppers Whole Wheat Bread Seasonal Fruit	Pork Chile Verde Cilantro Brown Rice Charro Beans Whole Wheat Tortilla Fresh Orange
Krab Cake Salad Creamy Italian Dressing	Turkey Chef Salad Ranch Salad Dressing	Fall Harvest Salad Balsamic Vinaigrette	Roast Beef Chef Salad Italian Dressing	Taco Salad Taco Sauce
Beef Bibimbap Bowl Whole Kernel Corn Parslied Carrots Whole Wheat Bread Mandarin Oranges	Chicken Cordon Bleu Red Potatoes Broccoli Florets Whole Grain Roll Seasonal Fruit	Sloppy Joe Roasted Sweet Potatoes Cauliflower Whole Wheat Hamburger Bun Diced Pears	Cuban Shredded Pork Spanish Rice Pinto Beans Cornbread Seasonal Fruit	Tuna Salad Herbed Potato Salad Confetti Coleslaw Whole Wheat Hamburger Bun Fresh Banana
Chicken Caesar Salad Caesar Salad Dressing	Seafood Salad 1000 Island Dressing	Turkey Club Salad Blue Cheese Dressing	Mango Chicken Salad Balsamic Vinaigrette	Turkey Garden Salad Italian Dressing
Beef Chili w/Beans Green & Gold Potato Casserole Chuckwagon Corn Whole Grain Roll Fresh Pear	Chicken Enchiladas Mexican Rice Fiesta Vegetables Seasonal Fruit	Baked Tilapia Dill Sauce Buttered Tortellini Brussels Sprouts Whole Grain Roll Fresh Banana	Lemon Scarpariello Chicken Whole Grain Penne Pasta Spinach Whole Wheat Bread Fresh Orange	~ Labor Day Meal Beef Patty Lettuce Tomato Baked Beans Whole Wheat Hamburger Bun Tropical Fruit Cobbler
Krab Cake Salad Creamy Italian Dressing	Turkey Chef Salad Ranch Salad Dressing	Fall Harvest Salad Balsamic Vinaigrette	Roast Beef Chef Salad Italian Dressing	Taco Salad Taco Sauce



Planning and preparing nutritious meals ahead of time is a great way to stay on track to meet your healthy eating goals throughout the week!

Benefits of Meal Prepping

- ▶ Reduces Food Waste
- ▶ Promotes Healthier Choices
- ► Saves Money & Time
- ► Reduces Stress

Steps for Meal Prepping

Step 1: Plan Your Menu

- Find appealing, healthy recipes (cookbooks, websites)
- Include vegetables, fruits, lean protein, whole grains, legumes, and dairy or alternatives
- Follow the balanced plate: ½ veggies and fruits, ¼ protein, ¼ whole grains
- Plan 3 meals + 2 snacks daily
- Scale recipes for needed portions

Step 2: Create Shopping List

- · Check your pantry and fridge for ingredients to use before buying more
- Make a list or use an app
- · Review sales before shopping
- Stock up on spices, condiments, herbs
- · Keep staple items on hand, such as fruits, vegetables, proteins, and whole grains

3: Prioritize Time

- Dedicate time to prepping food, even if only 5 minutes at a time
- Wash/chop produce; cook grains/proteins
- · Make extra of staple ingredients for future use, such as whole grains or cooked chicken breast
- Portion food for the week

Step 4: Store Meals Properly

- Use clean, airtight containers with dates
- Refrigerate within 2 hours or freeze
- · Reheat to 165°F minimum
- Most leftovers last 3–4 days (fridge), 2–3 months (freezer)
- · When in doubt, throw it out!

