



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 compassionate care.		1 Tuna Croquette Navy Beans Cheesy Brussels Sprouts Whole Grain Roll Seasonal Fruit Taco Salad Taco Sauce
4 Spaghetti Meat Sauce Parslied Noodles Broccoli Florets Whole Grain Garlic Breadstick Seasonal Fruit Chicken Caesar Salad Caesar Salad Dressing	5 Caribbean Chicken Coconut Rice California Vegetables Whole Wheat Bread Seasonal Fruit Seafood Salad 1000 Island Dressing	6 Salmon Burger Oven Roasted Potatoes Parslied Carrots Whole Wheat Hamburger Bun Fluffy Fruit Salad Turkey Club Salad Blue Cheese Dressing	7 Chicken Salad Green Bean Salad Coleslaw Whole Wheat Bread (2 sl) Diced Peaches Mango Chicken Salad Balsamic Vinaigrette	8 Beef Patty Lettuce Tomato Crispy Cubed Potatoes Ranch Beans Whole Wheat Hamburger Bun Mandarin Oranges Turkey Garden Salad Italian Dressing
11 Mediterranean Chicken Whole Grain Rotini Pasta Glazed Carrots Whole Grain Garlic Breadstick Seasonal Fruit Krab Cake Salad Creamy Italian Dressing	12 Country Fried Steak Country Gravy Whipped Potatoes Whole Kernel Corn Whole Grain Roll Seasonal Fruit Turkey Chef Salad Ranch Salad Dressing	13 Parmesan Crusted Pollock Polenta w/Mushroom Sauce Green Beans w/Tomatoes Whole Grain Roll Seasonal Fruit Fall Harvest Salad Balsamic Vinaigrette	14 Homestyle Turkey Patty Poultry Gravy Lentil Vegetable Pilaf Peas w/Onions & Peppers Whole Wheat Bread Seasonal Fruit Roast Beef Chef Salad Italian Dressing	15 Pork Chile Verde Cilantro Brown Rice Charro Beans Whole Wheat Tortilla Fresh Orange Taco Salad Taco Sauce
18 Beef Bibimbap Bowl Whole Kernel Corn Parslied Carrots Whole Wheat Bread Mandarin Oranges Chicken Caesar Salad Caesar Salad Dressing	19 Chicken Cordon Bleu Red Potatoes Broccoli Florets Whole Wheat Roll Seasonal Fruit Seafood Salad 1000 Island Dressing	20 Sloppy Joe Roasted Sweet Potatoes Cauliflower Whole Wheat Hamburger Bun Diced Pears Turkey Club Salad Blue Cheese Dressing	21 Cuban Shredded Pork Spanish Rice Pinto Beans Cornbread Seasonal Fruit Mango Chicken Salad Balsamic Vinaigrette	22 Tuna Salad Herbed Potato Salad Confetti Coleslaw Whole Wheat Hamburger Bun Fresh Banana Turkey Garden Salad Italian Dressing
25 Beef Chili w/Beans Green & Gold Potato Casserole Chuckwagon Corn Whole Grain Roll Fresh Pear Krab Cake Salad Creamy Italian Dressing	26 Chicken Enchiladas Mexican Rice Fiesta Vegetables Seasonal Fruit Turkey Chef Salad Ranch Salad Dressing	27 Baked Tilapia Dill Sauce Buttered Tortellini Brussels Sprouts Whole Grain Roll Fresh Banana Fall Harvest Salad Balsamic Vinaigrette	28 Lemon Scarpariello Chicken Whole Grain Penne Pasta Spinach Whole Wheat Bread Fresh Orange Roast Beef Chef Salad Italian Dressing	29 ~ Labor Day Meal ~ Beef Patty Lettuce Tomato Baked Beans Whole Wheat Hamburger Bun Tropical Fruit Cobbler Taco Salad Taco Sauce



meal prep

A GUIDE TOWARDS HEALTHY EATING



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!