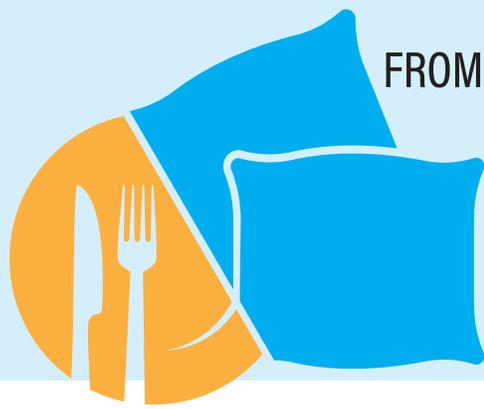


September 2025

Washoe County Senior Nutrition



| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|---|--|--|---|
| <p>1</p> <p><i>Closed for Holiday</i></p> | <p>2</p> <p>Chicken Pasta Salad Black-eyed Pea Salad Carrot Slaw Whole Wheat Bread Pineapple Tidbits</p> <p><i>Seafood Salad</i> <i>1000 Island Dressing</i></p> | <p>3</p> <p>Meatloaf Brown Gravy Garlic Whipped Potatoes Garden Vegetables Whole Wheat Bread Fresh Pear</p> <p><i>Turkey Club Salad</i> <i>Blue Cheese Dressing</i></p> | <p>4</p> <p>Lemon Pepper Pollock Macaroni & Cheese Brussels Sprouts Whole Grain Roll Fresh Apple</p> <p><i>Mango Chicken Salad</i> <i>Balsamic Vinaigrette</i></p> | <p>5</p> <p>BBQ Baked Chicken Baked Beans Mixed Vegetables Whole Wheat Bread Fresh Orange</p> <p><i>Turkey Garden Salad</i> <i>Italian Dressing</i></p> |
| <p>8</p> <p>Chicken Pesto Lasagna Tuscany Vegetables Zucchini Whole Grain Garlic Breadstick Ambrosia Salad</p> <p><i>Krab Cake Salad</i> <i>Creamy Italian Dressing</i></p> | <p>9</p> <p>Homestyle Salisbury Steak Mushroom Gravy Whipped Sweet Potatoes Broccoli Florets Whole Grain Roll Fresh Banana</p> <p><i>Turkey Chef Salad</i> <i>Ranch Salad Dressing</i></p> | <p>10</p> <p>Butter Chicken Lemon Brown Rice Tangy Lentils & Cabbage Whole Grain Roll Seasonal Fruit</p> <p><i>Fall Harvest Salad</i> <i>Balsamic Vinaigrette</i></p> | <p>11</p> <p>Roasted Pork Brown Gravy Lyonnais Potatoes Succotash Whole Grain Roll Fresh Pear</p> <p><i>Roast Beef Chef Salad</i> <i>Italian Dressing</i></p> | <p>12</p> <p>Tuna Croquette Navy Beans Cheesy Brussels Sprouts Whole Grain Roll Seasonal Fruit</p> <p><i>Taco Salad</i> <i>Taco Sauce</i></p> |
| <p>15</p> <p>Spaghetti Meat Sauce Parslied Noodles Broccoli Florets Whole Grain Garlic Breadstick Seasonal Fruit</p> <p><i>Chicken Caesar Salad</i> <i>Caesar Salad Dressing</i></p> | <p>16</p> <p>Caribbean Chicken Coconut Rice California Vegetables Whole Wheat Bread Seasonal Fruit</p> <p><i>Seafood Salad</i> <i>1000 Island Dressing</i></p> | <p>17</p> <p>Salmon Burger Oven Roasted Potatoes Parslied Carrots Whole Wheat Hamburger Bun Fluffy Fruit Salad</p> <p><i>Turkey Club Salad</i> <i>Blue Cheese Dressing</i></p> | <p>18</p> <p>Chicken Salad Green Bean Salad Coleslaw Whole Wheat Bread (2 sl) Diced Peaches</p> <p><i>Mango Chicken Salad</i> <i>Balsamic Vinaigrette</i></p> | <p>19</p> <p>Beef Patty Lettuce Tomato Crispy Cubed Potatoes Ranch Beans Whole Wheat Hamburger Bun Mandarin Oranges</p> <p><i>Turkey Garden Salad</i> <i>Italian Dressing</i></p> |
| <p>22</p> <p>Mediterranean Chicken Whole Grain Rotini Pasta Glazed Carrots Whole Grain Garlic Breadstick Seasonal Fruit</p> <p><i>Krab Cake Salad</i> <i>Creamy Italian Dressing</i></p> | <p>23</p> <p>Country Fried Steak Country Gravy Whipped Potatoes Whole Kernel Corn Whole Grain Roll Seasonal Fruit</p> <p><i>Turkey Chef Salad</i> <i>Ranch Salad Dressing</i></p> | <p>24</p> <p>Parmesan Crusted Pollock Polenta w/Mushroom Sauce Green Beans w/Tomatoes Whole Grain Roll Seasonal Fruit</p> <p><i>Fall Harvest Salad</i> <i>Balsamic Vinaigrette</i></p> | <p>25</p> <p>Homestyle Turkey Patty Poultry Gravy Lentil Vegetable Pilaf Peas w/Onions & Peppers Whole Wheat Bread Seasonal Fruit</p> <p><i>Roast Beef Chef Salad</i> <i>Italian Dressing</i></p> | <p>26</p> <p>Pork Chile Verde Cilantro Brown Rice Charro Beans Whole Wheat Tortilla Fresh Orange Birthday Dessert</p> <p><i>Taco Salad</i> <i>Taco Sauce</i></p> |
| <p>29</p> <p>Beef Bibimbap Bowl Whole Kernel Corn Parslied Carrots Whole Wheat Bread Mandarin Oranges</p> <p><i>Chicken Caesar Salad</i> <i>Caesar Salad Dressing</i></p> | <p>30</p> <p>Chicken Cordon Bleu Red Potatoes Broccoli Florets Whole Grain Roll Seasonal Fruit</p> <p><i>Seafood Salad</i> <i>1000 Island Dressing</i></p> |  <p>TRIO Community Meals</p> <p>Nourishment through compassionate care.</p> | <p>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</p> | <p>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.</p> |



FROM

Plate TO Pillow

Nutrition Tips
for Deeper Sleep

A good night's sleep is essential for brain function, mood, and immune health, but 1 in 3 adults do not get enough. Eating the right nutrients and making small changes to your routine can help improve sleep quality.

Sleep-Supporting Foods

| Best Food Sources | Beneficial Compound |
|--|---------------------|
| Kiwi fruit, tart cherries, dark chocolate, walnuts, almond, blueberries, goji berries, spinach, kale, avocado, sweet potatoes, pumpkin seeds | Antioxidants |
| Dairy and dairy alternatives, leafy greens, almonds, tofu | Calcium |
| Pumpkin seeds, almonds, spinach, bananas, whole grains | Magnesium |
| Tart cherries, goji berries, eggs, milk, pistachios, walnuts, almonds, cashews, grapes, tomatoes, brown rice, mushrooms oatmeal, legumes, salmon, sardines | Melatonin |
| Fatty fish (salmon, mackerel, sardines), flaxseeds, chia seeds, walnuts | Omega-3 Fatty Acids |
| Turkey, chicken, fish, eggs, dairy, nuts, seeds, cheese, tofu, bananas, spinach, dark chocolate, whole grains | Tryptophan |
| Chickpeas, lentils, salmon, tuna, chicken, turkey, beef, eggs, milk, bananas, potatoes, avocados, spinach, carrots, oats, fortified cereals, brown rice, sunflower seeds, pistachios | Vitamin B6 |
| UV-exposed mushrooms, fortified dairy and dairy alternatives, fatty fish, egg yolks, beef liver, fortified orange juice | Vitamin D |

Sleep-Disrupting Foods and Drinks

- Caffeine (coffee, soda, chocolate)
- Alcohol
- Refined grains (white bread, pasta)
- High-sugar, processed foods

Sleep-Friendly Eating Habits

- Stick to consistent meal timing
- Keep dinner light
- Try calming herbal teas
- Choose a sleep-friendly snack

Sleep-Supporting Snack Ideas

Banana + almond butter | Warm milk + cinnamon | Greek yogurt with + walnuts
Kiwi + handful of almonds | Oatmeal + flaxseeds + berries | Tart cherry juice + pistachios