

Seniors Lunch Menu - April 2026

Washoe County Senior Services
(775)328-2575

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.

Any items marked with an (*), a substitute item prepared with less sugar will be available.

Wednesday, April 1

Cuban Shredded Pork

- Corn O'Brien
- Apple Cranberry Coleslaw
- Whole Wheat Hamburger Bun
- Peach Cobbler

Turkey Club Salad

- Blue Cheese Dressing

Thursday, April 2

Homemade Salisbury Steak

- Brown Gravy
- Green and Gold Potato Casserole
- Green Peas
- Whole Wheat Bread
- Seasonal Fruit

Seafood Salad

- 1000 Island Dressing

Friday, April 3

-Easter Meal-

Glazed Ham

- Delmonico Potatoes
- Broccoli Florets
- Whole Wheat Bread
- Seasonal Fruit
- Coconut Cake

Turkey Garden Salad

- Italian Dressing

Monday, April 6

Creole Tilapia

- Macaroni & Cheese
- Glazed Baby Carrots
- Whole Grain Roll
- Fresh Orange

Turkey Chef Salad

- Ranch Salad Dressing

Tuesday, April 7

Beef Tamale Pie

- Mexican Rice
- Ranch Beans
- Seasonal Fruit

Krab Cake Salad

- Creamy Italian Dressing

Wednesday, April 8

Parmesan Chicken

- Lemon Orzo
- Zucchini Casserole
- Whole Grain Roll
- Seasonal Fruit

Roast Beef Chef Salad

- Italian Dressing

Thursday, April 9

Beef Patty

- Lettuce/Tomato
- Baked Beans
- Hamburger Bun
- Tropical Fruit Cobbler

Fall Harvest Salad

- Balsamic Vinaigrette

Friday, April 10

Chicken Alfredo

- Whole Kernel Corn
- Italian Vegetables
- Whole Grain Roll
- Diced Peaches

Taco Salad

- Taco Sauce

Monday, April 13

Spaghetti Meat Sauce

- Whole Grain Spaghetti Noodles
- Whole Kernel Corn
- Green Beans w/Peppers
- Whole Grain Garlic Breadstick
- Diced Pears

Chicken Caesar Salad

- Caesar Salad Dressing

Tuesday, April 14

Pork Adobo

- Pinto Beans
- Roasted Baby Carrots
- Cornbread
- Fresh Orange

Mango Chicken Salad

- Balsamic Vinaigrette

Wednesday, April 15

Salmon Burger

- Chuckwagon Corn
- Apple Cranberry Coleslaw
- Hamburger Bun
- Mixed Fruit Cobbler

Turkey Club Salad

- Blue Cheese Dressing

Thursday, April 16

Meatloaf

- Brown Gravy
- Whipped Potatoes
- Creamed Spinach
- Whole Grain Roll
- Seasonal Fruit

Seafood Salad

- 1000 Island Dressing

Friday, April 17

Waikiki Chicken

- Cilantro Brown Rice
- Black Beans
- Multi-Grain Bread
- Seasonal Fruit

Turkey Garden Salad

- Italian Dressing

Monday, April 20

Chicken Cordon Bleu

- Lemon Roasted Potatoes
- Brussels Sprouts
- Whole Wheat Bread
- Seasonal Fruit

Krab Cake Salad

- Creamy Italian Dressing

Tuesday, April 21

Sweet and Sour Pork

- Jasmine Rice
- Ginger Carrots
- Asian Coleslaw
- Whole Grain Roll
- Apple Crisp

Turkey Chef Salad

- Ranch Salad Dressing

Wednesday, April 22

Baked Cod

- Lemon Caper Sauce
- Lentil Vegetable Pilaf
- California Vegetables
- Whole Grain Roll
- Fresh Banana

Roast Beef Chef Salad

- Italian Dressing

Thursday, April 23

Beef Casserole

- Whole Kernel Corn
- Broccoli Florets
- Whole Grain Garlic Breadstick
- Fluffy Fruit Salad

Krab Cake Salad

- Creamy Italian Dressing

Friday, April 24

Homestyle Turkey Patty

- Poultry Gravy
- Whipped Potatoes
- Black-eyed Peas
- Whole Wheat Bread
- Seasonal Fruit

Taco Salad

- Taco Sauce

Monday, April 27

Beef Tips w/Gravy

- Rosemary Potatoes
- Whole Kernel Corn
- Whole Wheat Bread
- Seasonal Fruit

Birthday Dessert

Fall Harvest Salad

- Balsamic Vinaigrette

Tuesday, April 28

Baked Salmon

- Dill Sauce
- Fall Vegetable Hash
- Corn Casserole
- Whole Grain Roll
- Seasonal Fruit

Chicken Caesar Salad

- Caesar Salad Dressing

Wednesday, April 29

Beef Irish Stew

- Green Peas
- Lima Beans
- Whole Grain Roll
- Seasonal Fruit

Mango Chicken Salad

- Balsamic Vinaigrette

Thursday, April 30

Chicken Cacciatore

- Garlic & Red Pepper Penne
- Northern Beans
- Garlic Breadstick
- Seasonal Fruit

Seafood Salad

- 1000 Island Dressing

Friday, May 1

Homemade Salisbury Steak

- Mushroom Gravy
- Whipped Potatoes
- Broccoli
- Whole Grain Roll
- Fresh Banana

Turkey Garden Salad

- Italian Dressing