

# Seniors Lunch Menu - July 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, July 1

### **Parmesan Chicken**

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

### **Roast Beef Chef Salad**

- Italian Dressing

## Thursday, July 2

### **~Independence Day Meal~**

#### **Beef Frank**

- Potato Wedges
- Whole Grain Hot Dog Bun
- Bread Pudding
- Fresh Orange

#### **Fall Harvest Chicken Salad**

- Balsamic Vinaigrette

## Friday, July 3

**~CLOSED for Independence Day holiday~**

## Monday, July 6

### **Baked Tilapia**

- Dill Sauce
- Buttered Tortellini
- Brussels Sprouts
- Whole Grain Roll
- Fresh Banana

### **Chicken Caesar Salad**

- Caesar Salad Dressing

## Tuesday, July 7

### **Chicken Enchiladas**

- Mexican Rice
- Fiesta Vegetables
- Seasonal Fruit

### **Turkey Club Salad**

- Blue Cheese Dressing

## Wednesday, July 8

### **Beef Chili w/Beans**

- Oven Roasted Sweet Potatoes
- Chuckwagon Corn
- Whole Grain Roll
- Seasonal Fruit

### **Mango Chicken Salad**

- Balsamic Vinaigrette

## Thursday, July 9

### **Lemon Scarpariello Chicken**

- Whole Grain Penne
- Spinach
- Whole Wheat Bread
- Fresh Orange

### **Seafood Salad**

- 1000 Island Dressing

## Friday, July 10

### **BBQ Pulled Pork**

- Baked Navy Beans
- Broccoli Raisin Salad
- Whole Wheat Hamburger Bun
- Peach Cobbler

### **Turkey Garden Salad**

- Italian Dressing

## Monday, July 13

### **Beef Tips w/Gravy**

- Brown Rice
- Broccoli Florets
- Whole Grain Roll
- Fresh Banana

### **Krab Cake Salad**

- Creamy Italian Dressing

## Tuesday, July 14

### **Zesty Baja Chicken Salad**

- Black-eyed Pea Salad
- Carrot Slaw
- Whole Wheat Bread
- Pineapple Tidbits

### **Turkey Chef Salad**

- Ranch Salad Dressing

## Wednesday, July 15

### **Lemon Pepper Pollock**

- Macaroni & Cheese
- Brussels Sprouts
- Whole Grain Roll
- Fresh Apple

### **Roast Beef Chef Salad**

- Italian Dressing

## Thursday, July 16

### **Meatloaf w/Brown Gravy**

- Garlic Whipped Potatoes
- Garden Vegetables
- Whole Wheat Bread
- Fresh Pear

### **Fall Harvest Chicken Salad**

- Balsamic Vinaigrette

## Friday, July 17

### **Garlic Rosemary Chicken**

- Lima Beans
- Whole Kernel Corn
- Whole Wheat Bread
- Fresh Orange

### **Taco Salad**

- Taco Sauce

## Monday, July 20

### **Chicken Pesto Lasagna**

- Tuscany Vegetables
- Zucchini
- Whole Grain Garlic Breadstick
- Ambrosia Salad

### **Turkey Club Salad**

- Blue Cheese Dressing

## Tuesday, July 21

### **Roasted Pork w/Brown Gravy**

- Lyonnaise Potatoes
- Corn & Limas
- Whole Grain Roll
- Fresh Pear

### **Mango Chicken Salad**

- Balsamic Vinaigrette

## Wednesday, July 22

### **Butter Chicken**

- Lemon Brown Rice
- Tangy Lentils & Cabbage
- Whole Grain Roll
- Seasonal Fruit

### **Seafood Salad**

- 1000 Island Dressing

## Thursday, July 23

### **Homemade Salisbury Steak**

- Mushroom Gravy
- Mashed Spiced Yams
- Broccoli Florets
- Whole Grain Roll
- Fresh Banana

### **Chicken Caesar Salad**

- Caesar Salad Dressing

## Friday, July 24

### **Krab Cake w/Lemon Scarpariello Sauce**

- Navy Beans
- Brussels Sprouts w/Cheese
- Whole Grain Roll
- Seasonal Fruit

### **Turkey Garden Salad**

- Italian Dressing

## Monday, July 27

### **Spaghetti Meat Sauce**

- Parslied Noodles
- Broccoli Florets
- Whole Grain Garlic Breadstick
- Seasonal Fruit

### **Krab Cake Salad**

- Creamy Italian Dressing

## Tuesday, July 28

### **Citrus Mojo Chicken**

- Herbed Rice
- California Vegetables
- Whole Wheat Bread
- Fresh Banana

### **Taco Salad**

- Taco Sauce

## Wednesday, July 29

### **Salmon Burger**

- Oven Roasted Potatoes
- Parslied Carrots
- Whole Wheat Hamburger Bun
- Fluffy Fruit Salad

### **Fall Harvest Chicken Salad**

- Balsamic Vinaigrette

## Thursday, July 30

### **Chicken Salad**

- Coleslaw
- Green Bean Salad
- Whole Wheat Bread (2 slices)
- Diced Peaches

### **Roast Beef Chef Salad**

- Italian Dressing

## Friday, July 31

### **Country Fried Steak**

- Country Gravy
- Whipped Potatoes
- Whole Kernel Corn
- Whole Grain Roll
- Fresh Pear
- **Birthday Dessert**

### **Turkey Chef Salad**

- Ranch Salad Dressing