

Seniors Lunch Menu - October 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.

Thursday, October 1

Lemon Scarpariello Chicken

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

Seafood Salad

- 1000 Island Dressing

Friday, October 2

BBQ Pulled Pork

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

Turkey Garden Salad

- Italian Dressing

Monday, October 5

Sweet & Sour Chicken

- Jasmine Rice
- Japanese Vegetables
- Cauliflower and Peas
- Whole Grain Roll
- Fresh Banana

Krab Cake Salad

- Creamy Italian Dressing

Tuesday, October 6

Shrimp Au Gratin

- Penne Pasta
- Herbed Green Peas
- Italian Stewed Tomatoes
- Whole Grain Garlic Breadstick
- Diced Peaches

Roast Beef Chef Salad

- Italian Dressing

Wednesday, October 7

Pork Adobo

- Brown Rice
- Black Beans
- Red Potatoes
- Whole Wheat Tortilla
- Pineapple Tidbits

Turkey Chef Salad

- Ranch Salad Dressing

Thursday, October 8

BBQ Baked Chicken Breast

- Chuckwagon Corn
- Dilled Carrots
- Whole Grain Hamburger Bun
- Seasonal Fruit

Taco Salad

- Taco Sauce

Friday, October 9

Homemade Meatloaf with Brown Gravy

- Sweet Whipped Potatoes
- Green Beans
- Whole Grain Roll
- Seasonal Fruit

Fall Harvest Salad

- Balsamic Vinaigrette

Monday, October 12

Breaded Lemon Pepper Tilapia

- Rice Pilaf
- Succotash
- Green Beans
- Whole Grain Roll
- Applesauce

Chicken Caesar Salad

- Caesar Salad Dressing

Tuesday, October 13

Chicken Caprese

- Penne Pasta Florentine
- Key Largo Vegetables
- Parmesan Breaded Tomatoes
- Whole Grain Garlic Breadstick
- Fresh Banana

Seafood Salad

- 1000 Island Dressing

Wednesday, October 14

Roast Beef w/Gravy

- Chantilly Potatoes
- Broccoli Florets
- Cornbread
- Seasonal Fruit

Turkey Garden Salad

- Italian Dressing

Thursday, October 15

Cuban Shredded Pork

- *New!* Fiesta Black Beans
- *New!* Latin Carrots
- Whole Grain Hamburger Bun
- Tropical Fruit

Mango Chicken Salad

- Balsamic Vinaigrette

Friday, October 16

Homestyle Turkey Patty

- Poultry Gravy
- New! Cheesy Chive Potatoes
- Green Peas
- Whole Grain Roll
- Seasonal Fruit

Roast Beef Chef Salad

- Italian Dressing

Monday, October 19

Pecan Crusted Chicken

- Sweet Potato Casserole
- Broccoli
- Whole Grain Roll
- Seasonal Fruit

Seafood Salad

- 1000 Island Dressing

Tuesday, October 20

Smothered Pork Tips with Egg Noodles

- Green Peas & Cauliflower
- Carrots
- Whole Grain Garlic Breadstick
- Seasonal Fruit

Turkey Garden Salad

- Italian Dressing

Wednesday, October 21

Chicken Souvlaki

- Lentil Vegetable Pilaf
- Zucchini & Tomatoes
- Whole Grain Roll
- Fresh Orange

Taco Salad

- Taco Sauce

Thursday, October 22

Shrimp Etouffee

- Parslied Rice
- Green Beans
- Buttermilk Biscuit
- Applesauce

Turkey Club Salad

- Blue Cheese Dressing

Friday, October 23

Beef Patty

- Shredded Lettuce & Tomato
- Tater Tots
- Baked Navy Beans
- Whole Grain Hamburger Bun
- Diced Pears
- *Birthday Dessert*

Chicken Caesar Salad

- Caesar Salad Dressing

Monday, October 26

Beef Chili w/Beans

- Whole Kernel Corn
- Cauliflower
- Whole Grain Roll
- Seasonal Fruit

Krab Cake Salad

- Creamy Italian Dressing

Tuesday, October 27

Chicken Breast Marsala

- *New!* Parmesan Whipped Potatoes
- Italian Vegetables
- Whole Grain Garlic Breadstick
- Seasonal Fruit

Roast Beef Chef Salad

- Italian Dressing

Wednesday, October 28

Potato Crusted Pollock

- Orzo w/Asparagus
- **New!** Lemon Garlic Green Beans
- Parslied Carrots
- Whole Grain Roll
- Applesauce
- Tartar Sauce

Fall Harvest Salad

- Balsamic Vinaigrette

Thursday, October 29

~Halloween Meal~

Sausage w/Onions & Peppers

- Potato Wedges
- Baked Beans
- Whole Wheat Hot Dog Bun
- Pineapple Tidbits
- Chocolate Chip Pudding

Turkey Chef Salad

- Ranch Salad Dressing

Friday, October 30

~CLOSED for Nevada Day holiday~