





Meals are offered to seniors 60 and older
for a suggested \$2.00 donation.

May 2019

Washoe County Senior Nutrition



Individuals under 60 may purchase
a meal for \$4.00

Monday	Tuesday	Wednesday	Thursday	Friday
	 	<p>1 Older Americans Day Smoked Beef Brisket Yukon Cheddar Mashed Vegetable Medley Assorted Mini Desserts Beautiful Turkey Spinach Salad Balsamic Vinaigrette Dressing</p>	<p>2 Bratwurst and Red Cabbage White Beans with Bacon Carrot & Raisin Salad Apple Crisp Rio Grande Chicken/Quinoa Salad Cilantro-Lime Dressing</p>	<p>3 Turkey Divan Cornbread Stuffing Garden Blend Vegetables Sliced Pears Brutus Beef Caesar Salad Caesar Vinaigrette Dressing</p>
<p>6 Vegetable Lasagna Béchamel Brussel Sprouts Garlic Breadsticks Peach Crisp Cottage Cheese & Fresh Fruit Plate</p>	<p>7 Sweet & Sour Chicken Brown Rice Asian Blend Vegetable Hot Spiced Fruit Beef Taco Salad Southwest Ranch Dressing</p>	<p>8 BBQ Pork on a Bun Baked Beans Mixed Vegetables Creamy Coleslaw Mandarin Oranges Asian Chicken Salad Ginger Sesame Dressing</p>	<p>9 Ground Swiss Steak Roasted Red Potatoes and Onions Spring Blend Vegetables Seasonal Fresh Fruit Smoked Turkey and Melon Salad Raspberry Vinaigrette Dressing</p>	<p>10 Hot Turkey Sandwich Mashed Potatoes California Blend Vegetables 4-Bean Salad Hot Spiced Applesauce Tuna Salad 1000 Island Dressing</p>
<p>13 Scandinavian Beef Stroganoff Broccoli Garlic Breadstick Fruit Crisp Greek Chicken Salad Greek Vinaigrette Dressing</p>	<p>14 Chicken Enchilada Casserole Pinto Beans Zucchini & Tomatoes Tropical Fruit Pork Stir Fry Salad Teriyaki Orange Dressing</p>	<p>15 Roast Pork & Mushroom Ragout Spiced Yams Creamed Spinach Pineapple Tidbits Springtime Beef Salad Italian Dijon Dressing</p>	<p>16 Turkey Salad Sandwich Dijon Potato Salad Cucumber and Tomato Salad Seasonal Fresh Fruit Chef Salad Ranch Dressing</p>	<p>17 Baked Fish Vera Cruz Barley Pilaf Succotash Apricots Chicken Tostada Salad Chipotle Ranch Dressing</p>
<p>20 Chicken Duxelle Orzo Florentine San Francisco Blend Vegetables Mandarin Oranges Turkey Club Salad Ranch Dressing</p>	<p>21 Pork Verde Chili Mexican Cauliflower Cornbread Apple-Blueberry Crisp Buffalo Chicken Salad Bleu Cheese Dressing</p>	<p>22 Turkey Ala King Brown Rice Broccoli Hot Spiced Fruit Crab Salad 1000 Island Dressing</p>	<p>23 Beef & Lentil Stew Mediterranean Blend Vegetables Herbed Biscuit Hot Spiced Peaches Filipino Pork Salad Sweet Adobo Dressing</p>	<p>24 Oven Fried Chicken Mashed Potatoes Oregon Blend Vegetables Marinated Coleslaw Seasonal Fresh Fruit Beef Taco Salad Southwest Ranch Dressing</p>
<p>27 Closed for Memorial Day </p>	<p>28 Arroz Con Pollo Southwest Black Beans Calabacitas Tropical Fruit Steak And Potato Salad Balsamic Vinaigrette Dressing</p>	<p>29 Macaroni & Cheese with Ham Succotash Broccoli Salad Pineapple Crisp Smoked Turkey Cobb Salad Avocado Ranch Dressing</p>	<p>30 Asian 5-Spiced Fish Rice Pilaf Stir Fry Vegetable Sliced Pears Sesame Chicken Salad Ginger Sesame Vinaigrette</p>	<p>31 Monthly Birthday Grandmas Meatloaf Potato Romanoff Savory Green Beans Strawberry Shortcake Chef Salad Ranch Dressing</p>

WASHOE COUNTY

Nutrition Sites Monday – Friday

Senior Center in Reno **328-2575**
1155 E. 9th Street, Reno

Reservations for the hot meal are not required at the 9th St. Center. Salad reservations are accepted until 8:30AM the day the meal is served either by phone or in person.

The following sites require reservations for either the hot meal or salad option by 8:30 a.m. on the day the meal is served:

Neil Road Rec. Center **326-6601**
3925 Neil Road, Reno
(Turn on Mauldin, last building on left)

Metropolitan Gardens **Sign-Up**
325 E. 7th Street, Reno **at site**

Sierra Manor **331-4166**
2350 Paradise Drive, Reno

Silverada **328-2593***
1400 Silverada Boulevard, Reno
*Can leave messages only

Rainbow Bend **342-2840**
800 Peri Ranch Road, Lockwood

Senior Center in Sparks **353-3113**
97 Richards Way, Sparks

Senior Center in Sun Valley **673-9417**
115 W. 6th Avenue, Sun Valley

Senior Center in Gerlach **557-2206**
385 E. Sunset Boulevard
Gerlach, NV 89412 (106 miles from Reno)

Cold Springs Senior Center **971-8542**
3355 White Lake Pkwy, Reno

Spanish Springs, Lazy 5 Regional Park **328-2786**
7100 Pyramid Way, Sparks
Open Tuesday—Friday

NEW *Meal Reservations now required by 8:30AM at all sites.

**For more information, please call
Washoe County Senior Services
at 328-2575**



Your Guide to Homegrown Fruits & Veggies

The days are getting longer, you've put your heavy coat away for another year and that frozen tundra out back is beginning to resemble your yard again. That's right ... spring is finally here and that means it's time to get your home garden going!

March and April are typically the best months to begin your vegetable garden as this is the time when the "last frost" occurs in most parts of the country. The last frost date will vary depending on your location (in Reno—the rule is to wait till there is no more snow on Peavine), but it's important to use it as a guideline. If the soil is too cold, germination (early growth of the seeds) is slowed; this makes the seeds vulnerable to fungus and other diseases.

- ◆ **Step 1: Planning**
To have that lush garden full of delicious fruits and veggies when summer rolls around, you've got to make sure your seeds have the best possible growing environment.
- ◆ **Step 2: Preparation**
Now that you have the perfect plan, it's time to get in touch with your garden – literally! Loosen the soil with a garden rake, hoe or shovel and add some kind of organic matter to the existing ground.
- ◆ **Step 3: Planting**
Now you're ready to begin planting. Different plants require different depths in the soil but generally, plant seeds at a depth that is twice their diameter. Following this rule, you'll find that the smallest seeds will be planted just beneath the surface.

- ◆ **Reaping the Benefits from Your Vegetable Garden**

While it takes a little effort to maintain, gardening can be a great family activity. Sharing the effort while spending time together will make it easier and more fun! Plus, you'll be surprised at how much more interest your kids and grandkids will have in eating those fruits and veggies when they've been involved in growing them!

