


Washoe County Senior Nutrition

April 2020



Monday	Tuesday	Wednesday	Thursday	Friday
<p>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</p> <p>* A substitute item prepared with less sugar will be available</p> <p>Milk and condiments served with meals</p>	 <p>Washoe County Senior Services 775.328.2575 www.washoecounty.us/seniorsrv</p>	<p>1</p> <p>Whole Grain Breaded Fish Capri Vegetable Blend Cauliflower with Cheese Whole Wheat Hamburger Bun Pineapple Tidbits</p> <p><i>Chicken Caesar Salad Caesar Dressing</i></p>	<p>2</p> <p>Hamburger Lettuce & Tomato Coleslaw Ranch Beans Whole Wheat Hamburger Bun Fresh Banana</p> <p><i>Asian Chicken Salad Ginger Sesame Dressing</i></p>	<p>3</p> <p>Chicken Piccata Whole Grain Penne Mixed Greens Tuscan Vegetable Blend Whole Wheat Bread Tropical Fruit</p> <p><i>Tuna Salad 1000 Island Dressing</i></p>
<p>6</p> <p>Lemon Pepper Fish Macaroni & Cheese Fiesta Vegetable Blend Whole Wheat Bread Fresh Apple</p> <p><i>Turkey Niçoise Salad Balsamic Vinaigrette</i></p>	<p>7</p> <p>Beef and Bean Burrito Chili con Carne Mexican Rice Calabasa Squash Fresh Orange</p> <p><i>Berry Almond Chicken Salad Ranch Dressing</i></p>	<p>8</p> <p>Baked Chicken Breast Cranberry Orange Sauce Orzo Yellow Squash Green Beans Whole Wheat Bread Fluffy Fruit Salad</p> <p><i>Krab Salad 1000 Island Dressing</i></p>	<p>9</p> <p>Beef Patty Swiss Cheese Lettuce & Tomato Baked Beans Potato Salad Whole Wheat Hamburger Bun Pear Crisp</p> <p><i>Chef Salad Ranch Dressing</i></p>	<p>10</p> <p>~Easter Meal~ Glazed Ham Sweet Potato Casserole Green Beans Whole Grain Roll Fresh Apple Coconut Cake</p> <p><i>Cottage Cheese & Fruit Plate</i></p>
<p>13</p> <p>Chicken Rice Casserole Herbed Green Peas Parslied Carrots Multi-Grain Bread Strawberry Applesauce</p> <p><i>Chef Salad Ranch Dressing</i></p>	<p>14</p> <p>Pork Adobo Pinto Beans Country Vegetables Cornbread Fresh Orange</p> <p><i>Cottage Cheese & Fruit Plate</i></p>	<p>15</p> <p>Meatloaf Brown Gravy Whipped Potatoes Mixed Vegetables Whole Wheat Bread Fresh Banana</p> <p><i>Southwest Chicken Salad Ranch Dressing</i></p>	<p>16</p> <p>Tuna Noodle Au Gratin Chuckwagon Corn Spinach Whole Wheat Bread Tropical Fruit</p> <p><i>Beef Taco Salad Taco Sauce</i></p>	<p>17</p> <p>Beef Meat Sauce Spaghetti Noodles Seasoned Green Beans Tossed Salad Whole Grain Garlic Breadstick Hot Spiced Pears</p> <p><i>Asian Chicken Salad Ginger Sesame Dressing</i></p>
<p>20</p> <p>Beef Jardinière Country Potatoes Club Spinach Whole Wheat Bread Fresh Orange</p> <p><i>Seafood Salad 1000 Island Dressing</i></p>	<p>21</p> <p>Pork Roast Sweet & Sour Sauce Fried Rice Sliced Carrots Japanese Vegetable Blend Whole Grain Roll Pineapple Tidbits Fortune Cookie</p> <p><i>BBQ Chicken Salad Bleu Cheese Dressing</i></p>	<p>22</p> <p>Baked Chicken Breast Balsamic Onion Jam Oven Roasted Sweet Potatoes Mediterranean Vegetable Blend Whole Grain Garlic Breadstick Fresh Banana</p> <p><i>Chef Salad Ranch Dressing</i></p>	<p>23</p> <p>Smothered Liver or Beef Patty Brown Gravy Whipped Potatoes Whole Kernel Corn Whole Grain Roll Fresh Apple</p> <p><i>Cordon Bleu Chicken Salad Ranch Dressing</i></p>	<p>24</p> <p>~ Monthly Birthday ~ King Ranch Chicken Casserole Pinto Beans Fiesta Vegetable Blend Cornbread Birthday Cake*</p> <p><i>Turkey Garden Salad Ranch Dressing</i></p>
<p>27</p> <p>Potato Crusted Pollock Confetti Rice Glazed Carrots Whole Grain Roll Fresh Orange</p> <p><i>Beef Lo Mein Salad Ginger Sesame Dressing</i></p>	<p>28</p> <p>Baked Chicken Breast BBQ Sauce Macaroni and Cheese Seasoned Green Beans Whole Wheat Bread Fresh Apple</p> <p><i>Chef Salad Ranch Dressing</i></p>	<p>29</p> <p>Shepherd's Pie Yellow Squash Broccoli Whole Wheat Bread Pineapple Tidbits</p> <p><i>Fall Harvest Chicken Salad Balsamic Vinaigrette</i></p>	<p>30</p> <p>Chicken Cacciatore Garlic & Red Pepper Penne Whole Kernel Corn Club Spinach Whole Grain Garlic Breadstick Tropical Fruit</p> <p><i>Cottage Cheese & Fruit Plate</i></p>	

Plant-Based Eating

— GOOD FOR YOU AND THE PLANET —

Plant-based or plant-forward eating patterns focus on foods primarily from plants and may or may not include small amounts of animal protein or dairy.



Decreases risk of chronic diseases and obesity

Vegetarian and vegan diets produce **2-2.5x less** greenhouse gas emissions

Water footprint of a vegetarian or vegan diet is **~50% less**



Substituting beans for beef would free up **42% of U.S. cropland** or 1.6x the size of California



Growing crops for direct human consumption feeds an additional **4 billion** people



2 OUT OF **3** AMERICANS REPORT EATING LESS MEAT

TAKE ACTION

CAN YOU GO **MEATLESS** ONE MEAL **OR ONE DAY** PER WEEK?



WASHOE COUNTY

Nutrition Sites
Monday - Friday

Senior Center in Reno 328-2786
1155 E. 9th Street, Reno

Reservations at 9th Street Center

Hot Meal: No reservation required

Salad Meal: Make reservation by 8:30AM on the day of service in person or by phone at 328-2786

The following sites require reservations for hot meal and salad meal. Make your reservation by 8:30 AM on the day the meal is served. Thank you.

Neil Road Rec Center 328-2786
3925 Neil Road, Reno
Turn on Mauldin, last building on left

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

Metropolitan Gardens Sign up at site
325 E. 7th Street, Reno

Senior Center in Sun Valley 328-2786
115 W. 6th Avenue, Sun Valley

Sierra Manor 328-2786
2350 Paradise Drive, Reno

Silverada 328-2786
1400 Silverada Boulevard, Reno
*Can leave message only

Cold Spring Senior Center 328-2786
3355 White Lake Pkwy, Reno

Rainbow Bend 328-2786
800 Peri Ranch Road, Lockwood

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

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