

Washoe County Menu

April 2021



MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
 Washoe County Senior Services 775.328.2575 www.washoecounty.us/seniorsrv		Meals are offered to seniors 60 and older for a suggested \$2.00 donation				4/1/2021 Beef Patty Tossed Salad Coleslaw Ranch Beans Whole Wheat Hamburger Bun Fresh Orange		4/2/2021 Easter Holiday Meal Glazed Ham Sweet Potato Casserole Green Beans Whole Grain Roll Fresh Apple Coconut Cake	
		Individuals under 60 may purchase a meal for \$4.00				4/8/2021 Baja Chicken Salad Balsamic Vinaigrette		4/9/2021 Turkey Club Salad Ranch Dressing	
		Milk and condiments served with meals							
4/5/2021 Garlic Rosemary Chicken Sweet Potato Casserole Brussels Sprouts Whole Grain Roll Fresh Banana Cottage Cheese & Fruit Plate		4/6/2021 Potato Crusted Fish Hash browns Seasoned Black Beans WW Hamburger Bun Pineapple Tidbits Asian Chicken Salad Ginger Sesame Dressing		4/7/2021 Beef Patty Mushroom Gravy Creamy Potatoes Broccoli Whole Wheat Bread Fresh Apple Fall Harvest Salad Balsamic Vinaigrette		4/8/2021 Chicken & Dumplings Green Beans with Red Peppers Glazed Carrots Cornbread Fresh Orange Southwest Ham Salad Ranch Dressing		4/9/2021 BBQ Pork Rib Patty Ranch Beans Coleslaw WW Hamburger Bun Hot Cinnamon Applesauce Chef Salad Ranch Dressing	
4/12/2021 Lemon Pepper Fish Macaroni & Cheese Fiesta Veg Blend Whole Wheat Bread Fresh Apple Beef Taco Salad Southwest Ranch Dressing		4/13/2021 Beef & Bean Burrito Chili con Carne Mexican Rice Whole Kernel Corn Fresh Orange Chef Salad Ranch Dressing		4/14/2021 Baked Chicken Breast Cranberry Orange Sauce Parslied Orzo Carrots Green Beans Whole Wheat Bread Pineapple Tidbits Cottage Cheese & Fruit Plate		4/15/2021 Hamburger Hawaiian Baked Beans Potato Salad WW Hamburger Bun Mandarin Oranges Fall Harvest Salad Balsamic Vinaigrette		4/16/2021 Chicken Fettuccini Broccoli Cornbread Fresh Banana Milk Beef Lo Mein Salad Ginger Sesame Dressing	
4/19/2021 Chicken Rice Casserole Mixed Beans Parslied Carrots Multi-Grain Bread Mandarin Oranges Tuna Salad Thousand Island Dressing		4/20/2021 Pork Adobo Pinto Beans Country Vegetable Blend Whole Grain Roll Fresh Orange Chef Salad Ranch Dressing		4/21/2021 Meatloaf Brown Gravy Whipped Potatoes Mixed Vegetables Whole Wheat Bread Fresh Banana Chicken Caesar Salad Caesar Dressing		4/22/2021 Tuna Noodle Au Gratin Cauliflower Whole Kernel Corn Whole Wheat Bread Ambrosia Salad Mango Chicken Salad Balsamic Vinaigrette		4/23/2021 Beef Meat Sauce Spaghetti Noodles Seasoned Green Beans Tossed Salad Wheat Bread Hot Spiced Pears Asian Chicken salad Ginger Sesame Dressing	
4/26/2021 Pork Loin with Apples Oven Roasted Potatoes Brussel Sprouts Cornbread Fresh Orange Beef Taco Salad Southwest Ranch Dressing		4/27/2021 Whole Grain Breaded Fish Parslied Potatoes Sliced Carrots WW Hamburger Bun Mandarin Oranges Turkey Club Salad Ranch Dressing		4/28/2021 Baked Chicken Breast Balsamic Onion Jam Lentil Vegetable Pilaf Broccoli Whole Wheat Bread Fresh Banana Cottage Cheese & Fruit Plate		4/29/2021 Beef Patty Brown Gravy Whipped Potatoes Whole Kernel Corn Whole Grain Roll Fresh Apple Chef Salad Ranch Dressing		4/30/2021 Monthly Birthday King Ranch Chicken Casserole Pinto Beans Fiesta Vegetable Blend Whole Wheat Bread Birthday Cake Krab Salad Thousand Island Dressing	



Plant-Based

GOOD FOR YOU THE PLANET

Consuming a plant-based diet can benefit your health and the environment. Compared to meat and other animal foods, growing plants produces less greenhouse gases, uses less water and land and can help feed the world's rising population a nutritious and sustainable diet. In addition, eating more plants may reduce your risk of diet-related chronic diseases, some cancers and obesity.

Moving to a plant-based diet does not mean you need to give up meat entirely. Rather, you are proportionately choosing more of your foods from plant sources, including legumes whole grains, vegetables, fruits and nuts, and less from animal sources, especially red meat and processed meat. Even reducing your animal food sources by a small amount each week will positively impact your health and environment.

Go vegan one meal per week. Skip the animal protein and toss in lentils, garbanzo beans (or any legume), quinoa, nuts, edamame, tofu or tempeh to give it a protein boost.

Choose fruit for dessert. Fruit is naturally sweet and contains vital nutrients, including fiber, to support health.

Add whole grains to a meal. Whole grains will provide additional protein to your diet, plus additional vitamins, minerals and fiber. Explore beyond brown rice, oats, and quinoa - try sorghum, farro or millet.

Keep it simple. Stick to what you know or easy-cooking meals like bean-based tacos, pasta, and chili, veggie and fruit smoothies, and tofu stir-fry. Or, simply start with a green salad topped with your favorite veggies and legume.

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)