




July 2016

Washoe County Senior Nutrition Program

Monday	Tuesday	Wednesday	Thursday	Friday
		<p><i>Meals are offered to seniors 60 and older for a suggested \$2.00 donation.</i></p> <p><i>Individuals under 60 may enjoy a meal for \$4.00</i></p>		1 Chili Dog/Cheese/Onions Potato Tots Creamy Coleslaw Peach Cobbler <i>Poppy Peach Chicken Salad</i> <i>Poppy Seed Dressing</i>
4 CLOSED 	5 <i>Ham & Potato Au Gratin</i> <i>Stewed Green Beans/Tomatoes</i> Cornbread Chocolate Swirl Pudding Beef Taco Salad Southwest Ranch Dressing	6 Sweet & Sour Chicken(11) Brown Rice Peas & Carrots Chopped Spinach Oatmeal Apple Bar <i>Smoked Turkey Cobb Salad</i> <i>Avocado Bleu Cheese Dressing</i>	7 Cold Turkey & Swiss Sandwich Broccoli Salad Tropical Fruit Salad Peanut Cookie Cottage Cheese/Fruit Salad	8 Beef Patty/Bun(14) Lettuce/Tomato/Onion Baked Beans Cantaloupe Chunks <i>Cosmopolitan Chicken Salad</i> <i>Cranberry-Citrus Vinaigrette</i>
11 Lasagna(46) Chopped Spinach Garlic Focaccia Bread Fresh Orange Chef Salad Ranch Dressing	12 Cranberry Glazed Ham Cornbread Stuffing Savory Green Beans Fruited Gelatin Chicken Caesar Salad Creamy Caesar Dressing	13 <i>Turkey/Sausage/Shrimp Gumbo</i> Steamed Rice Country Corn <i>Apple Pecan Praline Crisp</i> Mexican Beef Salad Picante Sour Cream Dressing	14 Hot Beef Sandwich Mashed Potatoes Green Peas/Peppers Hot Spiced Peaches Turkey Club Salad Ranch Dressing	15 <i>SW BBQ Chicken /Bun(137)</i> Baked Beans Baby Carrots Pineapple Tidbits <i>Filipino Pork Salad</i> <i>Sweet Adobo Dressing</i>
18 Spaghetti/Meatballs Tuscan Blend Vegetables Garlic Breadstick Hot Chunky Applesauce Tuna Salad 1000 Island Dressing	19 <i>Chicken Ala Orange</i> Brown Rice Pilaf Asian Blend Vegetables Seasonal Fresh Fruit Smoked Turkey Garden Salad Ranch Dressing	20 Herb Crusted Pork (164) Baked Yams Savory Green Beans Sliced Pears <i>Thai Beef Salad</i> <i>Curry Dijon Dressing</i>	21 Salisbury Steak Roasted Potatoes Mixed Vegetables Lemon Pudding Chef Salad Ranch Dressing	22 Turkey Fajita(17) Spanish Rice Ranch Style Beans Spinach Pineapple Tidbits BBQ Chicken Salad French Dressing
25 Beef Stir Fry(23) Steamed Rice Warm Beet Salad Mandarin Oranges Greek Chicken Salad Greek Vinaigrette	26 Oven Fried Chicken Mashed Potatoes California Blend Vegetables Seasonal Fresh Fruit Beef Taco Salad Southwest Ranch Dressing	27 <i>Porkolt (Hungarian Stew)</i> Buttered Noodles Broccoli Bread Pudding Crab Salad 1000 Island Dressing	28 Baked Fish Creole(63) Baked Yams Mixed Greens Watermelon Cornbread Asian Chicken Salad Ginger Sesame Dressing	29 Birthday Friday * <i>Stuffed Meatloaf Duxelle</i> Mashed Potatoes Capri Blend Vegetables Birthday Cake <i>Pork, Pear, and Walnut Salad</i> <i>Balsamic Vinaigrette</i>

WASHOE COUNTY Nutrition Sites Monday – Friday

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

*RESERVATIONS NOT REQUIRED
AT THIS SITE ONLY*

The following sites require reservations by 9:00 a.m. on the day the meal is served:

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

Metropolitan Gardens
325 E. 7th Street, Reno **786-2279**

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

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

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

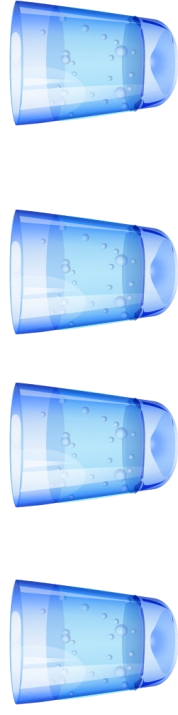
Senior Center in Sparks
97 Richards Way, Sparks **353-3113**

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

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

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

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



July brings warm weather to Washoe County. Are you staying hydrated?

Tips to Make Each Sip Count

When Choosing Drinks, Ask:

How can I make every sip count? Drink natural, nutrient-packed beverages like milk, 100% juices and water to boost your nutrition.

Did I drink 2-3 cups of milk today? If not, drink low-fat or fat-free milk to build strong teeth and bones.

Am I thirsty? Choose water to stay hydrated without adding extra calories. Use tap water and add ice cubes to save money. Add flavor with sliced fruit or cucumber.

What if I don't like the taste of tap water? Leave water overnight in an open container. Chlorine evaporates so water tastes better.

What should I do with the large drink from a meal combo at fast food restaurants? Substitute low-fat or fat-free milk, water or split a drink with family.

What Should You Drink:

Choose More Often: Water, Milk (low-fat or fat-free), 100% Fruit Juice, Unsweetened Beverages

Drink Less Often: Soda, Sports Drinks, Energy Drinks, Fruit Drinks, Sweetened Teas,

