Silver Springs Senior Center

Monday– Friday 9:00 - 4:30
Supervisor: Penny Valiska
Address: 2945 Ft. Churchill Rd.
Phone: 775-577-5014
www.lyon-county.org

Menu March 2026

Monday-Friday:

Lunch 11:30-12:30

Menu Subject to Change

1/2 Pint Milk Served Daily

Age 60+ : $2 Suggested Donation

Under 60 : $7 Fee

Monday	Tuesday	Wednesday	Thursday	Friday
2 **Costco Hotdog on WW Bun** -Ketchup/Mustard/ Relish -Baked Beans -Steamed Carrots -Fruit of the Day -100% Juice	3 **Turkey Chili** -Cornbread -Mixed Green Salad -LSLF Italian Dressing -Ambrosia ADSD#13	4 **Salisbury Steak** -Mashed Potatoes -Gravy -Green Beans -Apricots -100% Juice	5 **Sheet Pan Hawaiian Chicken** -Baked Beans -Broccoli -Fruit of the Day -100% Juice	6 **Lentil Soup** -Squash Slices -Tuna Salad Sandwich -Cantaloupe ADSD#50
9 **Cheeseburger on WW Bun** Mixed Veggies -Garbanzo Salad -Thousand Island Dressing -Peaches	10 **Chicken Tenders** -Scalloped Potatoes -Peas -Salad W/Dressing -Banana	11 **BBQ Beef Sandwich** -Corn -Steamed Spinach -Coleslaw -Citrus Delight ADSD #120	12 **Chicken w/Sherry Mushroom Sauce** -WW Roll -White Bean & Veggie Salad (1 cup) -Peaches	13 **Baked Fish Fillet** -French Baked Potatoes -Coleslaw -Garden Salad -Balsamic Vinaigrette -Strawberries ADSD #6
16 **Chicken Parmesan** Green Beans Tossed Salad SF Italian Dressing Pineapple Chunks ADSD#184	17 **Corned Beef** -Irish Champ (Mashed Potatoes & Green Onions) -Gravy -Roasted Carrots -Peaches -100% Juice -Dessert	18 **Herb Baked Chicken** -Mashed Sweet Potato -Herbed Vegetable Medley -Spiced Applesauce -WW Bread W/Smart Balance ADSD #73	19 **Italian Wedding Soup** (Ground Turkey, veggies, cheese tortellini) -WW Roll -Four Bean Salad -Pears -100% Juice	20 **Biscuits & Gravy** W/Ground Pork -Scrambled Eggs -Hash Browns -Orange Wedges V-8
23 **Beef Ravioli w/ Marinara** -Garlic Bread -Broccoli -Salad w/Dressing -Banana	24 **Corn Potato Chowder** -Turkey Sandwich -Carrot Raisin Salad -Strawberries ADSD #64	25 **Honey Walnut Shrimp** -Rice -Green Beans -Mandarin Orange Salad (mandarin, pomegranate, walnuts, goat cheese & mandarin vinaigrette) -100% Juice	26 **Dixieland Shortcake** -Squash -Garden Salad W/Creamy Italian Dressing -Banana ADSD #98	27 **Mediterranean Beef Skillet** (Beef, WW Pasta, Tomatoes, Spinach, Black Olives & Feta Cheese) -Black Bean & Corn Salad (1 cup) -Peaches
30 **Lemon Baked Fish** -Tomato Soup -Peas & Carrots -Spiced Applesauce -Honey Wheat Bread -Jam -Ginger Cookies ADSD#140	31 **Burger Stew** -Brown Rice -Broccoli -Cornbread -Tropical Fruit Cup ADSD#143			**When available, Smart Balance will be served with bread/rolls** **Condiments provided if available**