

Silver Springs Senior Center

Menu

September 2019

Monday-Friday:

Lunch 11:30-12:30

Monday– Friday 8:00 - 4:30

Manager: Penny Valiska

www.lyon-county.org

Menu Subject to Change

2945 Ft. Churchill

Silver Springs

Phone: (775)577-5014

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Monday	Tuesday	Wednesday	Thursday	Friday
<p>2</p> <p><i>Center Closed</i></p> 	<p>3</p> <p>Sloppy Joe/Bun 3 Bean Salad Cooked Carrots Baked Banana ADSD # 155</p>	<p>4</p> <p>Spaghetti with Meat Sauce Spinach Salad W/ Garbanzo Beans and Cherry Tomatoes Zucchini Garlic Bread Pears</p>	<p>5</p> <p>Baked Fish Coleslaw Mixed Vegetables Tartar Sauce WW Bread Margarine Banana</p>	<p>6</p> <p>Chef's Salad Lentil Soup Oatmeal Muffin Square Mandarin Orange ADSD #59</p>
<p>9</p> <p>Hot Turkey Sandwich on WW Bread Mashed Potatoes Gravy Beets & 3 Bean Salad Mixed Berry Crisp</p>	<p>10</p> <p>Sweet Italian Sausage with Red Peppers and Onions WW Cooked Elbow Macaroni Steamed Broccoli Mixed Greens Salad LS Italian Dressing Fresh Banana ADSD # 9</p>	<p>11</p> <p>Meatloaf Mashed Potatoes Spinach WW Bread Chantilly Fruit Cup ADSD #3</p> 	<p>12</p> <p>Black Bean Soup Tuna Sandwich Garden Salad LS Potato Chips Fresh Mandarin Orange</p>	<p>13</p> <p>Center Closed Annual Senior Picnic Dayton State Park 10:30 am –2:00 pm</p> <p>Carnival Theme Join us for a Fun Day</p>
<p>16</p> <p>Flounder in Cilantro Sauce Spanish Rice Black Beans Mixed Greens Salad Unsalted French Dressing Mango Orange ADSD #93</p>	<p>17</p> <p>Beef Pot Pie Green Beans & Mushrooms WW Roll Margarine Mixed Fruit Sherbet</p>	<p>18</p> <p>Herb Baked Chicken Sweet Potatoes Mixed Vegetables WW Roll Margarine Applesauce</p>	<p>19</p> <p>Birthdays Lunch! Chicken Cordon Bleu Potatoes au Gratin Green Beans w/almonds Green Salad Fresh Melon Birthday Cake</p>	<p>20</p> <p>French Toast Bacon Syrup Watermelon V-8 ADSD #190</p>
<p>23</p> <p>LS Ham and Beans Corn Bread Smart Balance Green Salad Dressing Pears with Jell-O</p>	<p>24</p> <p>Breaded Fish Square on WW Bun Coleslaw Tartar Sauce California Blend Vegetable Pears</p>	<p>25</p> <p>Chicken Noodle Casserole Zucchini and Tomatoes Cornbread Smart Balance Fresh Plum ADSD # 170</p>	<p>26</p> <p>BBQ Pork Ribs Sweet Potatoes Baked Beans Vegetable Salad Pineapple Cup Cookies</p>	<p>27</p> <p>Corn Potato Chowder Turkey Sandwich Carrot Raisin Salad Fresh Strawberries ADSD #64</p>
<p>30</p> <p>Swedish Meatballs/ Mushrooms WW/Noodles Scandinavian Veggies WW Roll Margarine Fresh Orange Wedges</p>	 <p>WELCOME AUTUMN</p>			<p>1/2 pint of milk is Served Daily</p>