



# Silver Springs Senior Center

April 2021 Menu



Monday– Friday 8:00 - 4:30  
 Supervisor: Penny Valiska  
 320 Old Dayton Valley Road  
 775-246-6210  
 www.lyon-county.org

**Monday-Friday:**

Lunch 11:30-12:30

\*\* Menu Subject to Change\*\*

| Monday  | Tuesday   | Wednesday   | Thursday   | Friday   |
|---|---|---|--|--|
| <p><b>1 Pint 2 % Milk</b><br/><b>Served Daily</b></p>   |   |   | <p><b>1</b><br/><b>OPENING DAY OF BASEBALL</b><br/>Brats W/Peppers &amp; Onions on WW Hoagie Roll<br/>Garlic Fries<br/>Garden Salad Dressing<br/>Fresh Fruit Cup</p> | <p><b>2</b><br/><b>Tuna Sandwich on WW Bread</b><br/>Lettuce &amp; Tomato Slices<br/>Baked Potato Chips<br/>Beet Salad<br/>Peaches</p> |
| <p><b>5</b><br/><b>LS Baked Ham</b><br/>Yams<br/>WW Roll<br/>Margarine<br/>Pea Salad<br/>Berry Cup</p>  | <p><b>6</b><br/><b>Beef Tacos (2)</b><br/>Ranch Style Beans<br/>Mexicorn<br/>Tropical Fruit Cup<br/>ADSD # 55</p>   | <p><b>7</b><br/><b>Split Pea Soup</b><br/>Turkey Sandwich<br/>Cucumber in Sour Cream<br/>Fresh Orange<br/>ADSD #100</p>   | <p><b>8</b><br/><b>Creamy Paprika Chicken</b><br/>California Blend Vegetables<br/>Seasoned Lima Beans<br/>WW Roll<br/>Margarine<br/>Pears</p>                        | <p><b>9</b><br/><b>Baked Fish</b><br/>Coleslaw<br/>Capri Blend Vegetables<br/>WW Bread<br/>Margarine<br/>Fruit Cobbler</p>             |
| <p><b>12</b><br/><b>Fish Sandwich on WW Bun</b><br/>Potato Wedges<br/>Coleslaw<br/>3-Bean Salad<br/>Tangerine</p>   | <p><b>13</b><br/><b>Swiss Steak</b><br/>Baked Potato with Sour Cream/Chives<br/>Herbed Vegetable Medley<br/>WW Roll<br/>Applesauce<br/>ADSD #44</p>                   | <p><b>14</b><br/><b>Oven Fried Chicken</b><br/>Baked Butternut Squash<br/>Peas &amp; Carrots<br/>Garden Salad<br/>Honey Dressing<br/>Orange Mango Cup<br/>Cracked Wheat Bread<br/>Smart Balance<br/>ADSD #109</p> | <p><b>15</b><br/><b>Creamy Tomato Soup Turkey and Cheese Sandwich on WW Bread</b><br/>Lettuce/Tomato<br/>Pickled Beets<br/>Peaches</p>                               | <p><b>16</b><br/><b>Biscuits &amp; Gravy</b><br/>Ground Pork<br/>Scrambled Eggs<br/>Hash Browns<br/>Fresh Orange<br/>V8</p>            |
| <p><b>19</b><br/><b>Cheeseburger Skillet</b><br/>Tossed Salad<br/>Balsamic Vinaigrette<br/>WW Dinner Roll<br/>Fruit Cocktail<br/>Unsweetened Ice Tea<br/>ADSD # 153</p> | <p><b>20</b><br/><b>Italian Sausage and Tortellini Soup w/White Beans</b><br/>Garden Vegetable Salad<br/>WW Croutons<br/>Italian Dressing<br/>Garlic Bread<br/>OJ</p> | <p><b>21</b><br/><b>Chicken Teriyaki</b><br/>Fried Rice<br/>Spring Salad Dressing<br/>Fresh Orange<br/>Fortune Cookie</p>   | <p><b>22</b><br/><b>Clam Chowder</b><br/>Turkey &amp; Swiss Sandwich on WW Bread<br/>Coleslaw<br/>Peaches</p>  | <p><b>23</b><br/><b>Shepherds Pie</b><br/>Fresh Spinach<br/>LS Italian Dressing<br/>Apricot Bran Muffin<br/>Banana<br/>ADSD # 29</p>   |
| <p><b>26</b><br/><b>Spaghetti/Meat Sauce</b><br/>California Blend Vegetable<br/>Garden Salad Dressing<br/>Garlic Bread<br/>OJ</p>                                       | <p><b>27</b><br/><b>Turkey Bean Burrito</b><br/>Corn<br/>Mixed Green Salad<br/>LFLS French Dressing<br/>Mixed Fruit Cup<br/>ADSD # 21</p>                             | <p><b>28</b><br/><b>Won Ton Soup Chinese Chicken Salad w/Nuts</b><br/>Fresh Orange Slices<br/>WW Bread<br/>Margarine</p>  | <p><b>29</b><br/><b>Baked Fish Fillet</b><br/>Creamy Coleslaw<br/>French Baked Potatoes<br/>Garden Salad<br/>Balsamic Vinaigrette<br/>Strawberries<br/>ADSD # 6</p>  | <p><b>30</b><br/><b>Meatloaf</b><br/>Mashed Potatoes<br/>Gravy<br/>Steamed Spinach<br/>WW Roll<br/>Apricot</p>                         |