

Silver Springs Senior Center

Monday– Friday 8:00 - 4:30

Manager: PennyValiska

www.lyon-county.org

2945 Ft. Churchill

Silver Springs, NV 89429

Phone (775)577-5014

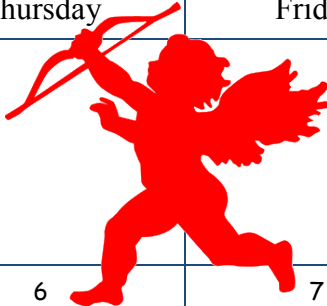
Fax (775)577-5209

February 2020 Menu

Monday-Friday:

Lunch 11:30-12:30

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

Monday	Tuesday	Wednesday	Thursday	Friday
				
3 Loaded Baked Potato Soup Crab Salad WW Crackers Garden Salad Italian Dressing Cantaloupe	4 Beef Tacos Ranch Style Beans Mexicorn Tropical Fruit Cup ADSD # 55	5 Caribbean Chicken Aztec Rice Orange Spinach Salad Bean Combo Baked Apple with Raisin Nut Filling ADSD # 118	6 Pork Roast Mashed Potatoes Gravy Green Beans WW Roll Margarine Applesauce	7 Scrambled Eggs Bacon Hash Brown WW Toast Cantaloupe V-8 Cranberry Juice
10 Sloppy Joe on WW Bun 3-Bean Salad Tater Tots Peaches	11 Chicken Noodle Casserole Zucchini and Tomatoes Cornbread Smart Balance Unsalted Fresh Plum ADSD # 170	12 Beef Stroganoff Egg Noodles Green Beans Garden Salad W/ Garbanzo Beans Dressing WW Roll Margarine Peaches	13 Chicken Parmesan Tossed Salad SF Italian Dressing Pineapple Chunks Green Beans ADSD # 184	14 <i>Valentine's Day Lunch!</i> Shrimp Scampi Fettuccini Squash Caesar Salad Strawberry Shortcake
17 Closed	18 Lentil Soup Tuna Salad Sandwich Yellow Squash Slices Cantaloupe ADSD #50	19 Patty Melt Mashed Potatoes Carrot Salad Mixed Fruit	20 Clam Chowder Turkey Sandwich Baby Carrots Spinach Salad French Dressing Cantaloupe/ Strawberries ADSD #43	21 Biscuits & Gravy W/Ground Pork Scrambled Egg Hash Brown Fresh Orange V-8 Apple Juice
24 Hot Turkey Sandwich Peas & Carrots Tomatoes Vinaigrette Oatmeal Raisin Cookie Fresh Orange ADSD #167	25 LS Glazed Ham Sweet Potato Spinach WW Roll Salad Banana	26 Fish Sandwich with Cheese on WW Bun Lettuce Tomatoes Onions Cauliflower Tater Tots Tartar Sauce Applesauce	27 Baked Meatloaf Mashed Potatoes Steamed Spinach 100% WW Bread Chantilly Fruit Cup ADSD # 3	28 Chicken w/Mushroom Sauce Stuffing Mixed Veggies WW Roll Margarine Ambrosia

