

September 2019

# Yerington Senior Center

Menu

Lunch Monday-Friday:

11:30-12:30

Monday– Friday 8:00 - 4:30

Manager: Susan Cottingham

www.lyon-county.org

Menu Subject to Change

117 Tilson Way.

Yerington, NV

775-463-6550



Monday	Tuesday	Wednesday	Thursday	Friday
<p>2</p> <p><b>Center Closed for Labor Day</b></p>	<p>3</p> <p><b>Baked Fish</b> Coleslaw Stewed Tomatoes WW Bread Margarine Banana</p>	<p>4</p> <p><b>Spaghetti with Meat Sauce</b> Spinach Salad Zucchini Garlic Bread Pears</p>	<p>5</p> <p><b>BBQ Pork Rib</b> Scalloped Potatoes Mustard Greens WW Bread Spiced Applesauce ADSD # 105</p>	<p>6</p> <p><b>Black Bean Soup</b> <b>Chicken Salad Sandwich</b> Cucumbers in Sour Cream Tropical Fruit Cup ADSD # 35</p>
<p>9</p> <p><b>Swiss Steak w/ Tomato Sauce</b> Broccoli Chopped Three Bean Salad Spring Salad Garlic French Dressing WW Roll Cantaloupe ADSD #113</p>	<p>10</p> <p><b>Sweet Italian Sausage with Red Peppers and Onions</b> WW Cooked Elbow Macaroni Steamed Broccoli Mixed Greens Salad LS Italian Dressing Fresh Banana ADSD # 9</p>	<p>11</p> <p><b>Hot Turkey Sandwich on WW Bread</b> Mashed Potatoes Gravy Green Beans with Mushrooms Mixed Berry Crisp</p>	<p>12</p> <p><b>Breaded Fish Square on WW Bun</b> Tater Tots Tartar Sauce California Blend Vegetable Pears</p>	<p>13</p> <p><b>CENTER CLOSED ANNUAL PICNIC DAYTON STATE PARK</b> <b>10:30—2:00 P.M.</b></p> <p>Carnival Theme Join us for a Fun Day!</p>
<p>16</p> <p><b>Tuna Fish Casserole</b> Colorful Salad FFLS French Dressing Mango Cubes WW Bread Smart Balance Unsalted ADSD # 177</p>	<p>17</p> <p><b>Beef Pot Pie</b> Green Beans &amp; Mushrooms WW Roll Margarine Mixed Fruit Sherbet</p>	<p>18</p> <p><b>Meatloaf</b> Mashed Potatoes Gravy Green Beans WW Roll Margarine Peaches ADSD#3</p>	<p>19</p> <p><b>Polish Sausage WW Bun</b> Sauerkraut Potato Wedges Peas Apple Slices</p>	<p>20</p> <p><b>Birthday Lunch! Stuffed Bell Peppers</b> w/ Mashed Potatoes Broccoli w/Cheese Spiced Pears Carrot Cake</p> 
<p>23</p> <p><b>Sweet &amp; Sour Chicken</b> Steamed Brown Rice Peas &amp; Carrots Fresh Chopped Spinach FF French Dressing Smart Balance ADSD#11</p>	<p>24</p> <p><b>Mexican Tortilla Soup w/ Black Beans</b> Shrimp Avocado Salad with Tomatoes on a bed of Lettuce LS Tortilla Chips Fresh Mandarin Orange</p>	<p>25</p> <p><b>Chicken Noodle Casserole</b> Zucchini and Tomatoes Cornbread Smart Balance Fresh Plum ADSD # 170</p>	<p>26</p> <p><b>LS Ham and Beans</b> Corn Bread Smart Balance Green Salad Dressing Pears with Jell-O</p>	<p>27</p> <p><b>Beef Stroganoff w/ Noodles</b> Broccoli Spinach Salad Dressing Applesauce Cookies</p>
<p>30</p> <p><b>Sloppy Joe/Bun</b> 3 Bean Salad Cooked Carrots Baked Banana ADSD#155</p>				<p>1/2 pint of milk is Served Daily</p> <p>ww bread served daily</p>