

Washoe County Senior Nutrition

August 2020



Monday	Tuesday	Wednesday	Thursday	Friday
3 Chicken Spanish Rice Casserole Pinto Beans California Vegetable Blend Cornbread Seasonal Fresh Fruit <i>Beef Lo Mein Salad</i> <i>Ginger Sesame Dressing</i>	4 Lemon Pepper Fish Brown Rice Brussels Sprouts Whole Wheat Hamburger Bun Seasonal Fresh Fruit <i>Chef Salad</i> <i>Ranch Dressing</i>	5 Beef Spaghetti Casserole Broccoli Parslied Carrots Breadstick Pineapple Tidbits <i>Fall Harvest Chicken Salad</i> <i>Balsamic Vinaigrette</i>	6 Garlic Rosemary Chicken Baked Sweet Potato Green Peas Whole Grain Roll Fresh Orange <i>Krab Salad</i> <i>1000 Island Dressing</i>	7 Beef Patty Corn Lima Beans Whole Wheat Hamburger Bun Cranberry Juice <i>Cottage Cheese & Fruit Plate</i>
10 Sloppy Joe O' Brien Potatoes Carrots Whole Wheat Hamburger Bun Pineapple Tidbits <i>Asian Chicken Salad</i> <i>Ginger Sesame Dressing</i>	11 Meatloaf Brown Gravy Whipped Potatoes Brussels Sprouts Whole Grain Roll Seasonal Fresh Fruit <i>Chicken & Mango Salad</i> <i>Balsamic Vinaigrette</i>	12 Tuna Noodle Au Gratin Lima Beans Garden Vegetable Blend Multi Grain Bread Cranberry Juice <i>Beef Taco Salad</i> <i>Taco Sauce</i>	13 Beef Patty Oven Roasted Potatoes Broccoli Whole Wheat Hamburger Bun Seasonal Fresh Fruit <i>Tuna Salad</i> <i>1000 Island Dressing</i>	14 Pork Chile Verde Spanish Rice Pinto Beans Corn Tortilla Fresh Orange <i>Roast Beef Chef Salad</i> <i>Ranch Dressing</i>
17 Beef Chili with Beans Parslied Potatoes Corn Whole Grain Roll Mandarin Oranges <i>Turkey Niçoise Salad</i> <i>Balsamic Vinaigrette</i>	18 Pork Rib Patty Lima Beans Carrot Slaw Whole Wheat Hamburger Bun Pineapple Crisp <i>Berry Almond Chicken Salad</i> <i>Ranch Dressing</i>	19 Lemon Pepper Fish Parslied Rotini Garden Vegetable Blend Whole Grain Roll Seasonal Fresh Fruit <i>Krab Salad</i> <i>1000 Island Dressing</i>	20 Smothered Liver or Beef Patty Whipped Potatoes with Gravy Carrots Whole Grain Roll Fresh Orange <i>Chef Salad</i> <i>Ranch Dressing</i>	21 Taco Meat Lettuce and Tomato Spanish Rice Fiesta Vegetables with Pinto Beans Flour Tortilla Seasonal Fresh Fruit <i>Cottage Cheese & Fruit Plate</i>
24 Salisbury Beef Brown Gravy Brown Rice Garden Vegetable Blend Whole Grain Roll Seasonal Fresh Fruit <i>BBQ Chicken Salad</i> <i>Bleu Cheese Dressing</i>	25 Baked Chicken Breast BBQ Sauce Pinto Beans Capri Vegetable Blend Whole Wheat Hamburger Bun Cranberry Juice <i>Seafood Salad</i> <i>1000 Island Dressing</i>	26 Beef Stroganoff Whole Grain Penne Pasta Broccoli Whole Grain Roll Seasonal Fresh Fruit <i>Chef Salad</i> <i>Ranch Dressing</i>	27 Potato Crusted Fish Parslied Potatoes Brussels Sprouts Cornbread Seasonal Fresh Fruit <i>Cordon Bleu Chicken Salad</i> <i>Ranch Dressing</i>	28 ~Monthly Birthday~ Oven Fried Chicken Oven Roasted Sweet Potatoes Black Beans Whole Grain Roll Birthday Cake* <i>Turkey Garden Salad</i> <i>Ranch Dressing</i>
31 Baked Chicken Breast Balsamic Onion Jam Macaroni & Cheese Lima Beans Whole Grain Roll Fresh Orange <i>Chef salad</i> <i>Ranch Dressing</i>	Meals are offered to seniors 60 and older for a suggested \$2.00 donation	Milk and condiments served with meals	Individuals under 60 may purchase a meal for \$4.00	 Washoe County Senior Services 775.328.2786 www.washoecounty.us/seniorsrv

3 Common Food-Drug Interactions



Grapefruit Juice

Grapefruit juice has the ability to interact with medication in various ways. One way is by increasing the absorption of certain drugs. It can also cause the body to metabolize drugs abnormally, resulting in lower or higher than normal blood levels of the drug. Some medications affected by grapefruit juice are cholesterol lowering medications, antihistamines, blood pressure drugs, thyroid replacement drugs, birth control, stomach acid-blocking drugs, and the cough suppressant dextromethorphan.

Green Leafy Vegetables

Blood-thinning drugs such as Coumadin interfere with vitamin K-dependent clotting factors. Eating too much green leafy vegetables, which are high in vitamin K, can decrease the ability of blood-thinners to prevent clotting. But you do not have to give up greens. Problems arise from significantly and suddenly increasing or decreasing intake. So eat your greens in consistent amounts.

Salt Substitutes

Consumers taking digoxin for heart failure or ACE inhibitors for high blood pressure should be careful with salt substitutes, which most often replaces sodium with potassium. With the increased consumption of potassium, the effectiveness of digoxin can be decreased, resulting in heart failure. And those taking ACE Inhibitors might see a significant increase in blood potassium levels. When receiving a prescription for a new medicine or taking a new over-the-counter drug, remember to read drug warning labels and ask your physician and/or pharmacist about which foods or other drugs they should avoid or be concerned about taking.

****adapted from eatright.org**

WASHOE COUNTY

Nutrition Sites

Monday - Friday

Senior Center in Reno 328-2786
1155 E. 9th Street, Reno

Reservations at 9th Street Center

Hot Meal: No reservation required

Salad Meal: Make reservation by 8:30AM on the day of service in person or by phone at 328-2786

The following sites require reservations for hot meal and salad meal. Make your reservation by 8:30 AM on the day the meal is served. Thank you.

Neil Road Rec Center 328-2786
3925 Neil Road, Reno
Turn on Mauldin, last building on left

Senior Center in Sparks 353-3113
97 Richards Way, Sparks

Metropolitan Gardens Sign up at site
325 E. 7th Street, Reno

Senior Center in Sun Valley 328-2786
115 W. 6th Avenue, Sun Valley

Sierra Manor 328-2786
2350 Paradise Drive, Reno

Silverada 328-2786
1400 Silverada Boulevard, Reno
*Can leave message only

Cold Spring Senior Center 328-2786
3355 White Lake Pkwy, Reno

Rainbow Bend 328-2786
800 Peri Ranch Road, Lockwood

Spanish Springs, 328-2786
Lazy 5 Regional Park
7100 Pyramid Way, Sparks
Open Tuesday-Friday

Senior Center in Gerlach 557-2206
385 E. Sunset Blvd, Gerlach, NV 89412
(106 miles from Reno)