

# August 2025

## FANNIE KOMP SENIOR CENTER

THE MENU MAY CHANGE DUE TO THE AVAILABILITY OF PRODUCTS.

Monday – Thursday, we serve lunch from 12:00 to 12:30 PM.

Friday, we serve breakfast @ 9:00 am.

We provide milk, 100% fruit juice and iced tea daily.

HOMEBOUND CLIENTS: Any meal cancellations or additions,

Please call before 7:30 AM when it is Breakfast & 9:30 AM when its Lunch 775-468-0466

If you do not call before this time, there will be no changes to the delivery list. Thank You.

MON.	TUES.	WED.	THURS.	FRI.
				1. Scrambled eggs with peppers & onions l/s ham w/w English muffin fresh banana l/s v-8
4. <b>food bank</b> Baked pork chops Pureed butternut squash Layered salad 100% w/w bread Baked banana 1% milk with vitamins A&D #20	5. Ground beef cabbage stir fry Over low main noodles Colorful salad w/w dinner roll 3 bean salad peaches and cottage cheese	6. Chicken street corn rice bowl with black beans fresh salad Sour cream Cucumber in sour cream Tropical fruit	7. Lasagna Chopped spinach Lf/l's Italian dressing Garlic bread Fresh oranges 1% milk with vitamins A&D #46	8. l/s sausage egg and cheese w/ Onion on w/w bagel hash brown yogurt with mixed berries apple juice
11. Chef's salad Lentil soup Mandarin oranges Oatmeal muffin square 1% milk with vitamins A&D #59	12. <b>night dinner</b> Hawaiian chicken kababs w/ Veggies Fried rice Green salad w/w dinner roll ice cream float Fresh watermelon	13. Beef crunch wrap with lettuce & tomato Refried beans Spanish rice Apple slices with peanut butter	14. l/s tomato soup grilled cheese 3 bean salad Sliced peaches 1% milk with vitamins A&D #30	15. Biscuits and gravy Scrambled eggs with spinach cranberry juice cantaloupe chinks
18. Chicken broccoli rice Beet salad Apricot muffin Smart balance unsalted Honeydew / cantaloupe Fruit cup 1 milk with vitamins A&D #38	19. Beef Tater tot casserole mixed veg pears 3 beans salad apple juice	20. Lemon baked fish Broccoli stuffed baked potato Steamed carrots 100% w/w bread Smart balance unsalted Honeydew melon 1% milk with vitamins A&D #60	21. <b>food bank</b> French onion meatballs Mashed potatoes w/w dinner roll Steamed broccoli Chickpea salad Apple sauce	22. Spinach quiche Hash brown Yogurt with fruit w/w toast orange juice
25. BBQ chicken Roasted vegetables Broccoli salad Cracked wheat bread Smart balance unsalted Strawberries 1% milk with vitamins A&D #153	26. Cheese beef casserole Steamed spinach Garlic toast 3 bean salad Green salad Pineapple tidbits	27. Southwestern chicken salad with black beans lettuce tomato w/w dinner roll cottage cheese and beets fresh banana	28. Beef vegetable soup Tuna macaroni salad Whole wheat roll Tropical fruit 1% milk with vitamins A&D #19	29. Scrambled eggs Country potato with peppers and onion Honey dew melon w/w toast l/s v-8

# August 2025

## FANNIE KOMP SENIOR CENTER

### Medical trip calendar

**One direction per medical trip day**

Check for available seating

For the medical trip call for available seating. Please make appointments between 10 am and 2 pm

MON.	TUES.	WED.	THURS.	FRI.
				1.
4.	5. <b>Medical trip</b> Call center for departure time Appointment Between 10 am and 2 pm	6.	7. <b>Men's Elko trip</b> <b>Medical trip</b> Leaves center @ 8:00 am	8.
11.	12. <b>Medical trip</b> Call center for departure time Appointment Between 10 am and 2 pm	13.	14. <b>Women's Elko trip</b> <b>Medical trip</b> Leaves center @ 8:00 am	15.
18. <b>Medical trip</b> Call center for departure time Appointment Between 10 am and 2 pm	19.	20. <b>Medical trip</b> Call center for departure time Appointment Between 10 am and 2 pm	21.	22.
25. <b>Medical trip</b> Call center for departure time Appointment Between 10 am and 2 pm	26.	27.	28. <b>Medical trip</b> Call center for departure time Appointment Between 10 am and 2 pm	29.

This is for next month September shopping and medical trip days are on the 9<sup>th</sup> and the 11<sup>th</sup>  
 September medical trips are on the 4<sup>th</sup>, 9<sup>th</sup>, 11<sup>th</sup>, 16<sup>th</sup>, 17<sup>th</sup>, 23<sup>rd</sup>, 25<sup>th</sup> and the 29<sup>th</sup>

The cost is \$5.00 to ride round trip

Bus leaves @ 8:00 am for the Elko trips weather permitting!

If you have a doctor's appointment on the days we set up.

Please call Sandy Vink 48Hrs. in advance

@ 775-468-0466

Battle mountain, Elko and carlin



# August 2025

## FANNIE KOMP CENTER CALENDAR

Happy birthday to our seniors in blue

SUN.	MON.	TUES.	WED.	THURS.	FRI.	SAT.1.
					1.	2.
3.	4. food bank ALICE SIMON	5. Medical trip	6.	7. Men's Elko trip	8. Golden Grocery's	9.
10.	11.	12. Medical trip Night dinner served @ 4:30	13. DAVID MASON	14. Women's Elko Trip	15. SUSAN SILVEIRA	16.
17.	18. Medical trip	19. REGINA CRAWFORD	20. Medical trip	21. food bank	22. MICHAEL KELLERMAN	23.
24. VICKI DRENON ANITA PETERS	25. Medical trip LARRY JONES CHAD OAKES	26.	27. DIANA BRADLEY	28. Medical trip WILLIAM REDGATE	29.	30.
31.		<p><b>This is next month's September shopping and medical trips are on 9<sup>th</sup> and the 11<sup>th</sup></b></p> <p><b>September medical trips are on 4<sup>th</sup>, 16<sup>th</sup>, 17<sup>th</sup>, 23<sup>rd</sup>, 25<sup>th</sup> and the 29<sup>th</sup></b></p> <p><b>The cost is \$ 5.00 to ride round trip.</b></p>				

For the medical trip call for available seating. Please make appointments between 10 am and 2 pm

**Bus leaves @ 8:00 am for The Elko trips Weather Permitting!**

**If you have a doctor's appointment on the days we set up.**

**Please call Sandy Vink 48 Hrs. in advance**

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**Battle mountain, Carlin and Elko**