

September 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. Closed	2. night dinner BBQ chicken Baked beans Mixed veg w/w dinner roll green salad fresh fruit salad ice cream	3. Minestrone soup Tuna salad Whole wheat pita 1% milk with vitamins A&d #8	4. Turkey bean soup Chef's salad 1/f 1/s Italian dressing hint of salt Triscuits f/f peach yogurt orange juice #57	5. Tater tot breakfast bowl with country gravy scrambled eggs with onion and peppers w/w English muffin fresh cantaloupe chunks 1/s v-8
8. food bank Breaded pork cutlet Mashed potatoes w/ gravy Brussels sprouts w/w roll 3 bean salad pineapple tidbits	9. Beef patty Baked beans Sliced tomato Lettuce leaf Ff mayo 1/s ketchup Sliced red onion Cantaloupe chunks Mixed veg 1% milk with vitamins A&d #14	10. Turkey chili Corn bread Mixed green salad L/s 1/f Italian dressing Ambrosia 1% milk with vitamins A&d #13	11. Chicken mushroom stroganoff Over w/w noodles Steamed peas and carrots w/w dinner roll 3 bean salad orange spinach salad diced peaches	12. golden grocery Pancakes Scrambled eggs w/ spinach 1/s sausage Pattie yogurt parfait orange juice
15. 1/s tomato soup grilled cheese 3 bean salad Sliced peaches 1% milk with vitamins A&d #30	16. Chicken broccoli pasta bake w/w garlic toast colorful salad cottage cheese and pineapple spiced apple sauce	17. Turkey bean burrito Spanish rice Seasoned zucchini Apricot halves 1% milk with vitamins A&d #48	18. food bank Beef stuffed shells Steamed spinach w/w garlic toast green salad w/ garbanzo beans tropical fruit	19. Biscuits and gravy Scrambled eggs Country potatoes w/ onions and peppers Mixed berry cup Cranberry juice
22. Baked fish Creamy coleslaw French baked potato Garden salad Balsamic vinaigrette Strawberries 1% milk with vitamins A&d #6	23. Black bean soup Chicken salad sandwich Cucumber in sour cream Tropical fruit cup 1% milk with vitamins A&d # 35	24. Beef stew w/ carrots and potatoes Over egg noodles w/w dinner roll chickpea salad diced pears apple juice	25. Sautéed garlic cabbage and chicken Brown rice Steamed broccoli Cucumber tomato salad 3 bean salad peaches	26. Breakfast burrito on w/w tortilla With salsa and cheese 1/s bacon tater tots watermelon milk
29. Beef taco Ranch style beans Mexi corn Tropical fruit cup 1% milk with vitamins A&d #55	30. Sweet and sour pork Brown rice pilaf Broccoli Colorful salad f/f French dressing 100% w/w bread Smart balance unsalted Fresh peach 1% milk with vitamins A&d #51			

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