

October 2026

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. Beef stroganoff & noodles Baked Acorn squash Orange spinach salad Plums 1% milk with vitamins A&D #108	2. Biscuits and gravy Scrambled eggs Country potatoes w/ peppers and onion Yogurt parfait Orange juice
5. food bank Chicken pasta primavera Colorful salad LS Italian dressing Garlic bread Citrus delight 1% milk with vitamins A&D #32	6. Meat loaf mashed potatoes with gravy peas and carrots fresh fruit w/w roll	7. Potato corn chowder Tuna mac salad 3 bean salad Spiced apple sauce	8. Baked pork chop Mashed sweet potato Steamed green beans Mixed green salad LF French dressing w/w roll smart balance unsalted banana 1% milk with vitamins A&D #110	9. Breakfast sandwich With egg cheese and L/S sausage hashbrown mixed berry cup L/S v-8
12. Vegetable beef soup Egg salad Sandwich On w/w Mixed green salad Fruit cocktail w/w crackers	13. Pork fried rice Stir fry veggies Egg drop soup Mandarin oranges Fortune cookie	14. Turkey pot pie mixed green salad FF creamy Italian dressing 7 grain bread Orange mango cup 1% milk with vitamins A&D #83	15. Chicken and mushroom fettuccini alfredo Green salad with tomato and cucumber Garlic bread cookie	16. Blueberry breakfast quesadilla scrambled eggs with peppers, onion and cheese w/w English muffin fresh orange milk
19. Beef stew Buttermilk biscuit Green salad Mandarin oranges 1% milk with vitamins A&D #DM 16	20. White bean chicken chili Corn bread Green salad with Tomatoes and cucumber Diced pears	21. Baked ziti Broccoli Green salad Garlic toast Fresh apple w/ peanut butter	22. Food Bank LS tomato soup Grilled cheese 3 bean salad Sliced peaches 1% milk with vitamins A&D #30	23. Pancake L/S sausage bake Scrambled eggs with spinach Hash brown Yogurt with fruit Apple juice
26. Lemon baked fish Rice pilaf Yellow Squash with mushrooms and onion Ceaser salad Diced peaches	27. Chicken noodle soup Waldorf & cheddar salad LSWW crackers FF vanilla yogurt Raspberries Orange juice #94	28. Birthday lunch All beef hotdog On w/w bun Baked beans Corn w/ peppers and onion Cupcake	29. Fruity breakfast parfait Plain omelet Bacon Hash brown 100% orange juice 1% milk with vitamins A&D #200	30. closed 

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