

SEPTEMBER 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 at 9 am

We provide an assortment of beverages.

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. Cheesy beef taquitos Spanish rice Refried beans Salas and sour cream Cottage cheese Fresh orange	2. Chicken in orange sauce Brown rice Red wine vinaigrette Spring salad Savory style beans Pineapple poppy seed salad 1% milk with vitamins A&D #111	3. Baked cod Cajun style LSLF cream style corn Parsley buttered potatoes Chopped fresh spinach Honey dressing 7 grain bread Smart balance unsalted Tropical fruit 1% milk with vitamins A&D #119	4. Blueberry French toast casserole L/S sausage link Scrambled eggs with peppers and onion L/S v-8
7. CLOSED 	8. Thin and crispy pizza Chef salad GFY dressing Broccoli Mixed berry cup 1% milk with vitamins A&D #148	9. Smothered pork burrito Spanish rice Chuck wagon beans Mixed fruit Orange sherbert	10. Turkey bean soup Tuna salad sandwich Cantaloupe chunks Lettuce and tomato salad Italian dressing LS 1% milk with vitamins A&D #75	11. Breakfast burritos with potatoes egg and cheese w/w English muffin yogurt with fruit orange juice
14. night dinner Served @ 4:30 pm Huli Huli chicken Onion and peppers Luau rice Hawaiian mac salad WW Dinner roll Pineapple upside down cake	15. Cheeseburger skillet Tossed salad Balsamic vinaigrette w/w dinner roll fruit cocktail unsweetened iced tea #153	16. Tortilla crusted tilapia Rice pilaf Asparagus 3 bean salad Apple with peanut butter	17. Oven baked chicken Baked butternut squash Steamed peas and carrots Garden salad Honey dressing Orange mango cup Cracked wheat bread Smart balance unsalted 1% milk with vitamins A&D #109	18. Biscuits and gravy Scrambled eggs Country potatoes with peppers and onions Fresh honeydew Apple juice
21. Beef tips with gravy over mashed potatoes Squash and zucchini Cucumber in sour cream Pineapple	22. Roast turkey Pan gravy Yams and apples Corn Colorful salad FF creamy Italian dressing Oat bran roll 1% milk with vitamins A&D #58	23. Baked chicken wings Onion rings Baked beans Green salad with cucumber and tomato Fresh apple September birthday cupcakes	24. Lemon baked fish Parsley bu new pot Seasoned zucchini Garden salad FF French dressing w/w roll cantaloupe chunks 1% milk with vitamins A&D #26	25. Breakfast tacos With eggs cheese Fresh salsa Hash brown Fresh cantaloupe milk
28. Beef vegetable soup Egg salad on toasted w/w bagel thin tomato vinaigrette tropical fruit cup 1% milk with vitamins A&D #65	29. Baked tandoori chicken New buttered potatoes Carrots Tossed salad Red wine vinaigrette Apple crisp 1% milk with vitamins A&D #132	30. Pork roast with mushroom gravy mashed potatoes asparagus w/w dinner roll Beet salad Diced pears		