

# The SENIOR SENTINEL



CARSON CITY  
SENIOR CENTER

From the Director

The Coronavirus has upended our world for a period of time. I offer your reassurance the Senior Center is continually adapting to changes to be able to safely provide essential meals and supportive services. Providing nutrition for seniors is considered essential services and we have an amazing staff dedicated to support you.

## MEALS ON WHEELS

- **Service continues until conditions change except we ask you MAIL your donation.**
- **Your delivery times may vary. Make sure you are home between 9-3pm.**
- Possible changes if Carson City has community spread:
  - **DOOR DROP:** your driver will leave the meal outside at your front door. We will not enter your home. If you have hardship getting to your front door, ask a neighbor or friend to help or consider getting frozen meals for 7 days.
  - **7 DAY FROZEN MEALS:** your driver will deliver 7 days of frozen meals.
  - **EXTENDED SHELF-STABLE MEALS:** a multi-day meal pack for an extended closure.

## DRIVE-THRU LUNCH

- **Service continues, Monday thru Friday, 11-12pm until conditions change.**
- Possible changes if Carson City has community spread:
  - **7 DAY FROZEN MEALS:** 7 days of frozen meals and service would only be available once a week.
  - **EXTENDED SHELF-STABLE MEALS:** a multi-day meal pack for an extended closure.
  - Limited supply available - prepare with extra groceries and have a plan in place.

## CASE MANAGEMENT

- Phone consultations are available Monday thru Friday by calling (775) 883-0703.

Our services could change at any time. Please stock up on shelf-stable and frozen pantry items in case the Senior Center has an extended closure. Follow the CDC guidelines on social distancing of staying 6 feet apart, stay home (especially when you are sick) and wash your hands thoroughly and often. If you have a hardship, please call the Senior Center at (775) 883-0703 for assistance.

We are here for you! We are in this together and will pull through this together. Be prepared in case conditions change.

My best,

*Courtney Warner*

Executive Director

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Menu on the back side

This serves as April's brief newsletter.  
Regular monthly newsletter will continue when appropriate.

# Carson City Senior Center Menu

## April 2020

Menu subject to change without notice.

Monday	Tuesday	Wednesday	Thursday	Friday
Congregate participants served 8oz of milk daily; Meals on Wheels participants receive half gallon of milk delivered weekly		1 <u>Chicken Pasta Primavera</u> Pudding Citrus Delight Steamed Broccoli Garlic Breadstick #32	2 <u>Spaghetti W/ Meat Sauce</u> Steamed Peas House Salad Pineapple Chunks WW Roll	3 <b>HAPPY BIRTHDAY!</b> <u>Chicken Mushroom Marsala</u> Rice Pilaf Spinach Salad Diced Pears Mixed Veggies Cake & Ice Cream
6 <u>Chicken Cordon Bleu</u> Brown Rice California Blend Veggies House Salad Diced Peaches	7 <u>Chef Salad</u> Veggie Loaded Minestrone Soup Grapes V8 Juice Apple Crisp	8 <u>Chicken Broccoli Rice</u> Beet Salad Steamed Peas Mango Cup Pudding #38	9 <u>Beef Vegetable Soup</u> Tuna Mac Salad Tropical Fruit Cup WW Roll Cookie #19	10 <u>Honey Lemon Catfish</u> Tuscan Beans Steamed Cali Blend Fresh Orange Diced Pears WW Roll
13 <u>Chile Relleno</u> Spanish Rice Refried Beans MexiCorn Churro	14 <u>Chicken Tetrizzini</u> Baby Carrots Broccoli Salad WW Roll Pudding #47	15 <u>Clam Chowder</u> Turkey Sandwich Peas, Carrots, & Corn Spinach Salad Fresh Fruit #43	16 <u>Sweet &amp; Sour Pork</u> Jasmine Rice Stir Fry Veggies Pineapple Chunks Fortune Cookie	17 <u>Meatloaf</u> Mashed Potatoes w/Gravy Steamed Spinach Chantilly Fruit Cup WW Roll
20 <u>Swiss Steak</u> Baked Potato Steamed Peas House Salad Fresh Orange WW Roll	21 <u>Sloppy Joe on WW Bun</u> Baked Beans Corn Fruit Cocktail Cookie #34	22 <u>Biscuits &amp; Sausage Gravy</u> Omelet and Breakfast Veggies Fresh Grapes Peach Crisp	23 <u>Lemon Baked Fish</u> Brown Rice Steamed Garden Veggies Mixed Green Salad Fresh Orange WW Roll #79	24 <u>Baked Pork Chop</u> Mashed Sweet Potatoes Steamed Green Beans Fresh Banana House Salad WW Roll
27 <u>Pollock w/ Lemon Beurre Blanc</u> Linguine Pasta Tuscan Beans Steamed Broccoli Diced Pears	28 <u>BBQ Chicken</u> Steamed Cali. Veggies Garden Salad Chantilly Cup Biscuit #72	29 <u>Salisbury Steak</u> Mashed Potatoes Peas Mixed Berry Cup V8 Juice WW Roll Cookie	30 <u>Tuna Casserole</u> Colorful Salad Mango Chunks WW Bread Pudding Swirl #177	

Suggested donation for age 60 & over is \$2.25. Those under 60 must pay \$6.00.