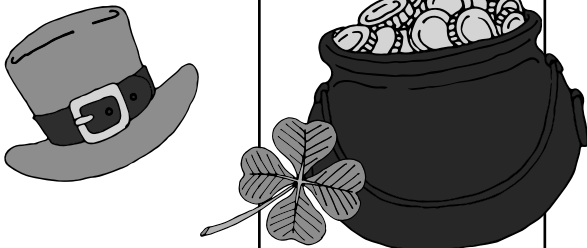



HENDERSON™

March 2024

Downtown Senior Center
27 E. Texas Ave. | 702-267-4150

Meals served 11:15am to 12:15pm, Monday through Friday
 60 years+ suggested donation \$2.50/Under 60 years \$5 per meal
 To hear the current week's menu, call 702-267-DINE (3463).

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 Philly cheesesteak w/ peppers, mushrooms & onions Fries Side salad w/thousand island dressing Fruit or Tuna Stuffed Tomato
4 Chicken alfredo Noodles Broccoli Caesar salad Whole wheat bread w/butter Fruit Vanilla pudding w/wafer	5 Sliced ham Scalloped potatoes Roasted corn Three bean salad Fruit	6 Country fried steak w/gravy Smashed potatoes Carrots Side salad w/blue cheese dressing Strawberries Bread pudding	7 Oven-fried chicken Macaroni & cheese Tuscan vegetables Classic pea salad Whole wheat roll w/butter Banana	8 Crab cakes w/tater sauce Rice Monaco vegetables Side salad w/honey mustard dressing Fruit Or Chef salad
11 Sweet & sour chicken Rice Oriental vegetables Side salad w/Asian dressing Whole wheat roll w/butter Fruit Smores brownie	12 Lasagna w/meat sauce Peas Side salad w/ranch dressing Roll w/butter Fruit	13 Potato bacon chowder Turkey & cheese croissant Broccoli raisin salad Melon Lemon blueberry cookie	14 Beef strips w/onions Baked potato w/butter Baked beans Side salad w/thousand island dressing Whole wheat roll w/butter Banana	15 Corned beef & cabbage w/potatoes Side salad w/ranch dressing Roll w/butter Fruit Apple crumb cake
18 Rodeo burger w/onion ring & BBQ sauce Carrots Classic pea salad Fruit Lemon bar	19 Pork carnitas w/Pico Black beans Roasted corn Cucumber salad Whole wheat roll w/butter Fruit	20 Shrimp scampi Noodles Broccoli Side salad w/Italian dressing Garlic toast Grapes	21 BBQ ribs Baked beans Coleslaw Whole wheat roll w/butter Banana Cherry crisp	22 Fish & chips w/tartar sauce Antigua vegetables Carrot raisin salad Fruit Or Cobb Salad
25 Balsamic chicken w/mushrooms Mashed potatoes Green beans Side salad w/honey mustard dressing Fruit Chocolate chip cookie	26 Spaghetti w/meatballs Mixed vegetables Side salad w/ranch dressing Whole wheat roll w/butter Fruit 	27 Sweet & sour pork Fried rice Edamame Side salad w/Asian dressing Orange slices Butterscotch pudding	28 Turkey w/mashed potatoes & gravy Country vegetables Side salad w/blue cheese dressing Whole wheat bread w/butter Banana	29 Chili cheese dog w/onion Chips Tomato cucumber salad Fruit or Krab Louie salad (imitation krab)

Food allergy notice: Food items may contain these or other allergy-causing ingredients: nuts, milk, eggs, wheat, soybeans, peanuts, fish and shellfish.

Menu Items subject to change. Milk is available with all meals Monday through Friday upon request.

HENDERSON™

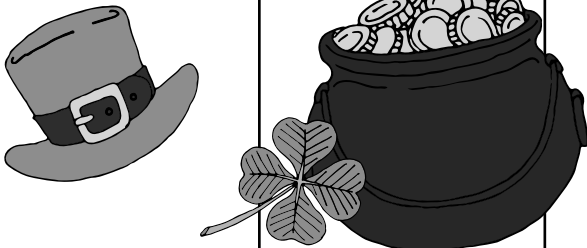
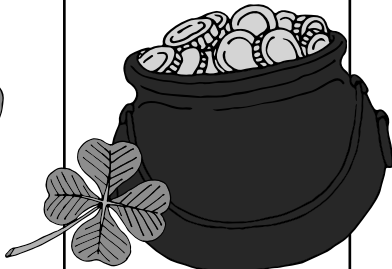

March 2024

Black Mountain Senior Nutrition | Meals on Wheels

300 S. Racetrack Rd. | 702-267-2960

Suggested donation of \$2.50 per meal delivered

To hear the current week's menu, call 702-267-DINE (3463)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 Philly cheesesteak w/ peppers, mushrooms & onions Fries Side salad w/thousand island dressing Fruit or Tuna Stuffed Tomato
4 Chicken alfredo Noodles Broccoli Caesar salad Whole wheat bread w/butter Fruit Vanilla pudding w/wafer	5 Sliced ham Scalloped potatoes Roasted corn Three bean salad Fruit	6 Country fried steak w/gravy Smashed potatoes Carrots Side salad w/blue cheese dressing Strawberries Bread pudding	7 Oven-fried chicken Macaroni & cheese Tuscan vegetables Classic pea salad Whole wheat roll w/butter Banana	8 Crab cakes w/tater sauce Rice Monaco vegetables Side salad w/honey mustard dressing Fruit Or Chef salad
11 Sweet & sour chicken Rice Oriental vegetables Side salad w/Asian dressing Whole wheat roll w/butter Fruit Smores brownie	12 Lasagna w/meat sauce Peas Side salad w/ranch dressing Roll w/butter Fruit	13 Potato bacon chowder Turkey & cheese croissant Broccoli raisin salad Melon Lemon blueberry cookie	14 Beef strips w/onions Baked potato w/butter Baked beans Side salad w/thousand island dressing Whole wheat roll w/butter Banana	15 Corned beef & cabbage w/potatoes Side salad w/ranch dressing Roll w/butter Fruit Apple crumb cake
18 Rodeo burger w/onion ring & BBQ sauce Carrots Classic pea salad Fruit Lemon bar	19 Pork carnitas w/Pico Black beans Roasted corn Cucumber salad Whole wheat roll w/butter Fruit	20 Shrimp scampi Noodles Broccoli Side salad w/Italian dressing Garlic toast Grapes	21 BBQ ribs Baked beans Coleslaw Whole wheat roll w/butter Banana Cherry crisp	22 Fish & chips w/tartar sauce Antigua vegetables Carrot raisin salad Fruit Or Cobb Salad
25 Balsamic chicken w/mushrooms Mashed potatoes Green beans Side salad w/honey mustard dressing Fruit Chocolate chip cookie	26 Spaghetti w/meatballs Mixed vegetables Side salad w/ranch dressing Whole wheat roll w/butter Fruit 	27 Sweet & sour pork Fried rice Edamame Side salad w/Asian dressing Orange slices Butterscotch pudding	28 Turkey w/mashed potatoes & gravy Country vegetables Side salad w/blue cheese dressing Whole wheat bread w/butter Banana	29 Chili cheese dog w/onion Chips Tomato cucumber salad Fruit or Krab Louie salad (imitation krab)

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HENDERSON™

March 2024

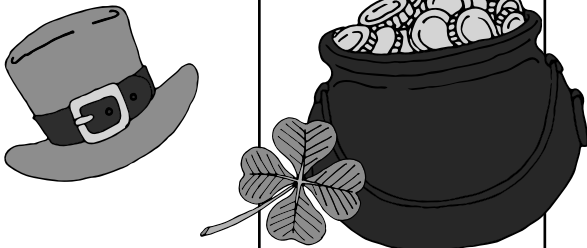

Heritage Park Senior Facility

300 S. Racetrack Rd. | 702-267-2950

Meals served 11am to 1pm, Monday through Friday

60 years+ suggested donation \$2.50/Under 60 years \$5 per meal

To hear the current week's menu, call 702-267-DINE (3463)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 Philly cheesesteak w/ peppers, mushrooms & onions Fries Side salad w/thousand island dressing Fruit or Tuna Stuffed Tomato
4 Chicken alfredo Noodles Broccoli Caesar salad Whole wheat bread w/butter Fruit Vanilla pudding w/wafer	5 Sliced ham Scalloped potatoes Roasted corn Three bean salad Fruit	6 Country fried steak w/gravy Smashed potatoes Carrots Side salad w/blue cheese dressing Strawberries Bread pudding	7 Oven-fried chicken Macaroni & cheese Tuscan vegetables Classic pea salad Whole wheat roll w/butter Banana	8 Crab cakes w/tater sauce Rice Monaco vegetables Side salad w/honey mustard dressing Fruit Or Chef salad
11 Sweet & sour chicken Rice Oriental vegetables Side salad w/Asian dressing Whole wheat roll w/butter Fruit Smores brownie	12 Lasagna w/meat sauce Peas Side salad w/ranch dressing Roll w/butter Fruit	13 Potato bacon chowder Turkey & cheese croissant Broccoli raisin salad Melon Lemon blueberry cookie	14 Beef strips w/onions Baked potato w/butter Baked beans Side salad w/thousand island dressing Whole wheat roll w/butter Banana	15 Corned beef & cabbage w/potatoes Side salad w/ranch dressing Roll w/butter Fruit Apple crumb cake
18 Rodeo burger w/onion ring & BBQ sauce Carrots Classic pea salad Fruit Lemon bar	19 Pork carnitas w/Pico Black beans Roasted corn Cucumber salad Whole wheat roll w/butter Fruit	20 Shrimp scampi Noodles Broccoli Side salad w/Italian dressing Garlic toast Grapes	21 BBQ ribs Baked beans Coleslaw Whole wheat roll w/butter Banana Cherry crisp	22 Fish & chips w/tartar sauce Antigua vegetables Carrot raisin salad Fruit Or Cobb Salad
25 Balsamic chicken w/mushrooms Mashed potatoes Green beans Side salad w/honey mustard dressing Fruit Chocolate chip cookie	26 Spaghetti w/meatballs Mixed vegetables Side salad w/ranch dressing Whole wheat roll w/butter Fruit 	27 Sweet & sour pork Fried rice Edamame Side salad w/Asian dressing Orange slices Butterscotch pudding	28 Turkey w/mashed potatoes & gravy Country vegetables Side salad w/blue cheese dressing Whole wheat bread w/butter Banana	29 Chili cheese dog w/onion Chips Tomato cucumber salad Fruit or Krab Louie salad (imitation krab)

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