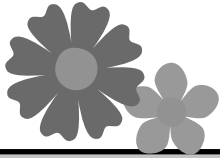


HENDERSON™

April 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).

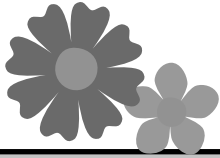
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Chicken alfredo Noodles Tuscan vegetables Caesar salad Garlic toast Fruit Vanilla pudding	2 Orange chicken Jasmine rice Asian vegetables Side salad w/Asian dressing Whole wheat roll w/butter Fruit	3 Chili cheese dog w/onion Pasta salad Tomato mozzarella salad Smores cookie Melon	4 Oven-fried chicken Mashed potatoes w/gravy Country vegetables Roasted corn Whole wheat bread w/butter Banana	5 Orange roughy Rice pilaf Mixed vegetables Side salad w/Balsamic dressing Fruit Or Chicken Caesar salad
8 Pulled pork sandwich Seasoned fries Cucumber salad Coleslaw Fruit Brownie	9 Country fried steak Mashed potatoes w/gravy Monaco vegetables Side salad w/Italian dressing Fruit	10 Loco Moco Rice Peas Macaroni salad Grapes Pineapple cake	11 Pot roast Mashed potatoes w/gravy Carrots Side salad w/Italian dressing Whole wheat bread w/butter Banana	12 Caribbean-style chicken Rice & red beans Island vegetables Side salad w/ranch dressing Whole wheat roll w/butter Fruit Or Shrimp salad
15 Chicken tenders w/honey mustard Potato dippers 3 Bean salad Classic pea salad Fruit Lemon bar	16 Spaghetti w/meatballs Broccoli Caesar salad Whole wheat roll w/butter Fruit	17 Beef stroganoff Noodles Country vegetables Side salad w/blue cheese dressing Whole wheat bread w/butter Orange slices Chocolate chip cookie	18 Tex Mex baked potato Peas and carrots Side salad w/ranch dressing Banana	19 Tortilla crusted fish Rice Roasted corn Side salad w/thousand island dressing Roll w/butter Fruit Or Taco salad
22 Meatball sub w/cheese Celery w/ ranch Carrot raisin salad Fruit Butterscotch pudding	23 Turkey Mashed potatoes w/gravy Green beans Side salad w/honey mustard dressing Fruit	24 Chicken salad croissant Potato salad Broccoli raisin salad Jell-O w/fruit Strawberries Red velvet cookie	25 BBQ ribs Baked beans Coleslaw Whole wheat roll w/butter Cherry crisp Banana	26 Teriyaki beef Fried rice Asian vegetables Side salad w/Asian dressing Whole wheat roll w/butter Fruit Or Cobb salad
29 Sloppy Joe w/whole wheat bun Peas Corn salad Jell-O w/fruit	30 Shredded chicken tacos w/Pico de Gallo Cilantro rice Black beans Side salad w/ ranch dressing Fruit			

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™

April 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)

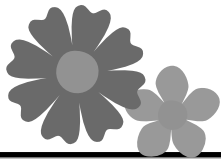
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Chicken alfredo Noodles Tuscan vegetables Caesar salad Garlic toast Fruit Vanilla pudding	2 Orange chicken Jasmine rice Asian vegetables Side salad w/Asian dressing Whole wheat roll w/butter Fruit	3 Chili cheese dog w/onion Pasta salad Tomato mozzarella salad Smores cookie Melon	4 Oven-fried chicken Mashed potatoes w/gravy Country vegetables Roasted corn Whole wheat bread w/butter Banana	5 Orange roughy Rice pilaf Mixed vegetables Side salad w/Balsamic dressing Fruit Or Chicken Caesar salad
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HENDERSON™

April 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 Chicken alfredo Noodles Tuscan vegetables Caesar salad Garlic toast Fruit Vanilla pudding	2 Orange chicken Jasmine rice Asian vegetables Side salad w/Asian dressing Whole wheat roll w/butter Fruit	3 Chili cheese dog w/onion Pasta salad Tomato mozzarella salad Smores cookie Melon	4 Oven-fried chicken Mashed potatoes w/gravy Country vegetables Roasted corn Whole wheat bread w/butter Banana	5 Orange roughy Rice pilaf Mixed vegetables Side salad w/Balsamic dressing Fruit Or Chicken Caesar salad
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