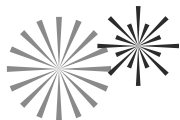


HENDERSON™



July 2024



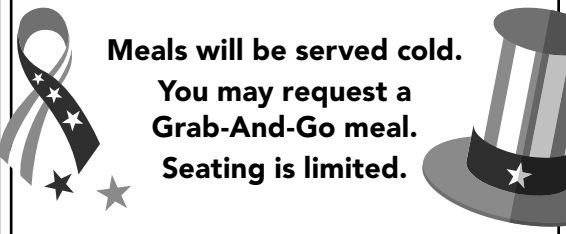
Downtown Senior Center

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 Ham sandwich w/cheddar cheese Chips Applesauce Fruit cup 100% Fruit juice	2 Turkey sandwich w/ provolone cheese Hummus & pretzels Fruit cup Fresh fruit	3 Tuna salad sandwich on whole wheat bread Chips Applesauce Fresh fruit 100% Fruit juice	4 CLOSED FOR HOLIDAY OBSERVATION No Meal Service	5 Egg salad sandwich on whole wheat bread Chips Applesauce Fruit cup 100% Fruit juice
8 Ham sandwich w/cheddar cheese Chips Applesauce Fruit cup 100% Fruit juice	9 Turkey sandwich w/ provolone cheese Hummus & pretzels Fruit cup Fresh fruit	10 Tuna salad sandwich on whole wheat bread Chips Applesauce Fresh fruit 100% Fruit juice	11 Roast beef sandwich w/ cheddar cheese Hummus & pretzels Fresh fruit 100% Fruit juice	12 Egg salad sandwich on whole wheat bread Chips Applesauce Fruit cup 100% Fruit juice
15 Ham sandwich w/cheddar cheese Chips Applesauce Fruit cup 100% Fruit juice	16 Turkey sandwich w/ provolone cheese Hummus & pretzels Fruit cup Fresh fruit	17 Tuna salad sandwich on whole wheat bread Chips Applesauce Fresh fruit 100% Fruit juice	18 Roast beef sandwich w/ cheddar cheese Hummus & pretzels Fresh fruit 100% Fruit juice	19 Egg salad sandwich on whole wheat bread Chips Applesauce Fruit cup 100% Fruit juice
22 Ham sandwich w/cheddar cheese Chips Applesauce Fruit cup 100% Fruit juice	23 Turkey sandwich w/ provolone cheese Hummus & pretzels Fruit cup Fresh fruit	24 Tuna salad sandwich on whole wheat bread Chips Applesauce Fresh fruit 100% Fruit juice	25 Roast beef sandwich w/ cheddar cheese Hummus & pretzels Fresh fruit 100% Fruit juice	26 Egg salad sandwich on whole wheat bread Chips Applesauce Fruit cup 100% Fruit juice
29 Ham sandwich w/cheddar cheese Chips Applesauce Fruit cup 100% Fruit juice	20 Turkey sandwich w/ provolone cheese Hummus & pretzels Fruit cup Fresh fruit	31 Tuna salad sandwich on whole wheat bread Chips Applesauce Fresh fruit 100% Fruit juice	 <p>Meals will be served cold. You may request a Grab-And-Go meal. Seating is limited.</p>	

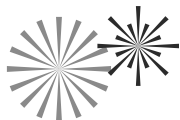
Food allergy notice: Food items may contain these or other allergy-causing ingredients: nuts, milk, eggs, wheat, soybeans, peanuts, fish and shellfish.

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

HENDERSON™



July 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 Ham sandwich w/cheddar cheese Chips Applesauce Fruit cup 100% Fruit juice	2 Turkey sandwich w/ provolone cheese Hummus & pretzels Fruit cup Fresh fruit	3 Tuna salad sandwich on whole wheat bread Chips Applesauce Fresh fruit 100% Fruit juice	4 CLOSED FOR HOLIDAY OBSERVATION No Meal Service	5 Egg salad sandwich on whole wheat bread Chips Applesauce Fruit cup 100% Fruit juice
8 Ham sandwich w/cheddar cheese Chips Applesauce Fruit cup 100% Fruit juice	9 Turkey sandwich w/ provolone cheese Hummus & pretzels Fruit cup Fresh fruit	10 Tuna salad sandwich on whole wheat bread Chips Applesauce Fresh fruit 100% Fruit juice	11 Roast beef sandwich w/ cheddar cheese Hummus & pretzels Fresh fruit 100% Fruit juice	12 Egg salad sandwich on whole wheat bread Chips Applesauce Fruit cup 100% Fruit juice
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29 Ham sandwich w/cheddar cheese Chips Applesauce Fruit cup 100% Fruit juice	20 Turkey sandwich w/ provolone cheese Hummus & pretzels Fruit cup Fresh fruit	31 Tuna salad sandwich on whole wheat bread Chips Applesauce Fresh fruit 100% Fruit juice	<div>  <p>Meals will be served cold. You may request a Grab-And-Go meal. Seating is limited.</p>  </div>	

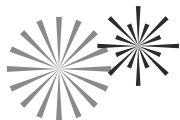
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Menu Items subject to change. Milk is available with all meals Monday through Friday upon request.

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July 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 Ham sandwich w/cheddar cheese Chips Applesauce Fruit cup 100% Fruit juice	2 Turkey sandwich w/ provolone cheese Hummus & pretzels Fruit cup Fresh fruit	3 Tuna salad sandwich on whole wheat bread Chips Applesauce Fresh fruit 100% Fruit juice	4 CLOSED FOR HOLIDAY OBSERVATION No Meal Service	5 Egg salad sandwich on whole wheat bread Chips Applesauce Fruit cup 100% Fruit juice
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