



Fernley Senior Center

Monday– Friday 9:00 - 4:30
 Supervisor: Jennifer Apgar
 105 Lois Lane Fernley, NV 89408
 (775)575-3370 opt.1
 www.lyon-county.org

Menu January 2026

Monday-Friday:

Lunch 11:30-12:30

Menu Subject to Change

1/2 Pint Milk Served Daily

Age 60+ : \$2 Suggested Donation

Under 60 : \$7 Fee

**** Menu Subject to Change****

Monday	Tuesday	Wednesday	Thursday	Friday
*condiments will be provided if available	When available, Smart Balance will be served with bread/roll		1 *Centers Closed* New Years Holiday	2 <u>Baked Crunchy Pretzel Honey Balsamic Chicken</u> -Brown Rice -Zucchini -Lima Beans -Diced Pears
5 <u>Hamburger Steak w/ Onion Gravy</u> -Mashed Potatoes -Biscuit -Green Beans -Peaches -100% Juice	6 <u>Pork Chops in Mushroom Gravy</u> -Brown Rice -Applesauce -Peas -Carrots	7 <u>Turkey Chili</u> -Cornbread -Mixed Green Salad -LSLF Italian Dressing -Ambrosia ADSD#13	8 <u>Breaded Fish Squares w/ Cheddar Cheese on WW Bun</u> -Green Beans -Tater Tots -Tartar Sauce -Pears -100% Juice	9 <u>Baked Yogurt Chicken</u> -Potatoes & Herbs -Bean Combo -Tossed Salad -Creamy Italian Dressing -Peaches ADSD#134
12 <u>Chicken Patty on WW Bun</u> -Lettuce/Mayo -Baked Beans -Spinach -Fruit Cocktail -100% Juice	13 <u>Chicken Fried Steak</u> -Mashed Potatoes -Country Gravy -Broccoli -Four Bean Salad -Peaches	14 <u>Hot Turkey Sandwich</u> -Peas & Carrots -Tomatoes Vinaigrette -Oatmeal Raisin Cookie -Fresh Orange ADSD#167	15 <u>Garlic Parmesan Fish</u> -WW Roll -Honey Mustard-Roasted Carrots -Garbanzo Salad -Coleslaw -100% Juice	16 <u>Chicken in Orange Sauce</u> -Brown Rice Pilaf -Savory Style Beans -Spring Salad -Red Wine Vinaigrette -Pineapple Poppyseed Salad ADSD #111
19 *Centers Closed* Martin Luther King Day 	20 <u>Cheeseburger on WW Bun</u> -Lettuce/Onion -Mayo/Mustard/Ketchup -Carrots -Baked Beans -Mandarins -100% Juice	21 <u>Meatloaf</u> -Mashed Potatoes -Brown Gravy -Lima Beans -Tomato Herb Salad -Mixed Fruit	22 <u>Lemon Baked Fish</u> -Broccoli Stuffed Potato -Steamed Carrots -WW Bread -Smart Balance -Honeydew Melon ADSD#60	23 <u>Sweet Italian Sausage with Red Peppers & Onions</u> -WW Macaroni -Steamed Broccoli -Mixed Greens Salad -LS Italian Dressing -Fresh Banana ADSD#9
26 <u>Popcorn Chicken Bowl</u> <u>(Mashed potato, gravy, corn and cheese)</u> -Biscuit -Four Bean Salad -Applesauce -100% Juice	27 <u>Creamed Beef (SOS)</u> -Herbed Veg. Medley -Baked Potato -WW Bread -Pineapple ADSD #107	28 <u>Chicken Parmesan</u> -WW Spaghetti -Garlic Bread -Greek Cabbage Salad -Peaches -100% Juice	29 <u>Honey Garlic Shrimp</u> -WW Penne Pasta -Asian Slaw -Lima Beans -Pears -Fruited Gelatin Dessert	30 <u>BBQ Chicken</u> -Baked Acorn Squash -Biscuit -Honey -Cucumbers in Sour Cream -Chantilly Fruit Cup ADSD#72