



Silver Springs Senior Center

Menu January 2026

Monday– Friday 9:00 - 4:30
 Supervisor: Penny Valiska
 Address 2945 Ft. Churchill
 Phone 775-577-5014
 www.lyon-county.org

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 Salisbury Steak -Mashed Potatoes -Gravy -Veggie Mix -Fruit of the Day -100% Juice
⁵ Beef Patty On WW Bun -Lettuce, Tomato, Onion -Mayo & Ketchup -Baked Beans -Mixed Veggies -Cantaloupe Chunks ADSD#14	⁶ Pork Chops -Stuffing -Gravy -WW Roll -Applesauce -Cole Slaw -100% Juice	⁷ Creamy Garlic Mushroom Chicken -Long Grain Rice -Peas -Salad W/Dressing -WW Roll -100% Juice	⁸ Shrimp Rolls (WW Bun) -Corn -Potato Wedges -Pickle Spear -Fruit Cocktail -100% Juice	⁹ Herbed Baked Chicken -Mashed Sweet Potatoes -Herbed Vegetable Medley -WW Bread -Spiced Applesauce ADSD #73
¹² Meatball Sub W/Mozzarella -Potato Wedges -Green Beans -Apricots -100% Juice	¹³ Chili Dog Mac (ground beef, onion, tomatoes, hot dog, bell pepper, macaroni, cheese) -WW Roll -Mixed Veggies -Mixed Fruit -100% Juice	¹⁴ Hot Turkey Sandwich -Peas & Carrots -Tomatoes Vinaigrette -Oatmeal Raisin Cookie -Fresh Orange ADSD#167	¹⁵ Parmesan Garlic Fish -WW Roll -Honey Mustard- Roasted Carrots -Coleslaw -Pineapple	¹⁶ Turkey Chili -Cornbread -Mixed Green Salad -Italian Dressing -Ambrosia ADSD #13
¹⁹ Senior Center Closed Martin Luther King Day	²⁰ Chicken Fried Steak -Mashed Potatoes -Gravy -Broccoli -Four Bean Salad -Peaches	²¹ Lemon Baked Fish -Broccoli Stuffed Potato -Steamed Carrots -WW Bread -Smart Balance -Honeydew Melon ADSD#60	²² Meatloaf -Mashed Potatoes -Gravy -Parmesan Green Beans -Black Bean & Corn Salad W/ Dressing -100% Juice	²³ Sweet Italian Sausage with Red Peppers & Onions -WW Macaroni -Steamed Broccoli -Mixed Greens Salad LS Italian Dressing Fresh Banana ADSD#9
²⁶ Baked Fish Square -Cheddar Cheese -WW Bun -Hushpuppies -Chickpea Salad -Pears -100% Juice	²⁷ Split Pea Soup -Turkey Sandwich -Cucumbers in Sour Cream -Orange ADSD#100	²⁸ Baked Yogurt Chicken -Potatoes & Herbs -Bean Combo -Tossed Salad -Creamy Italian Dressing -Peaches ADSD#134	²⁹ Veggie Stuffed Portobello Mushrooms (Panko, Mozzarella, Green Onions, Tomatoes, Spinach, Bell Peppers) -Rice Pilaf WW Roll -Four Bean Salad -100% Juice	³⁰ Cowboy Casserole (Beef, black beans, pinto beans, tomato, corn, tater tots) -WW Bread -Zucchini -Fresh Fruit -100% Juice