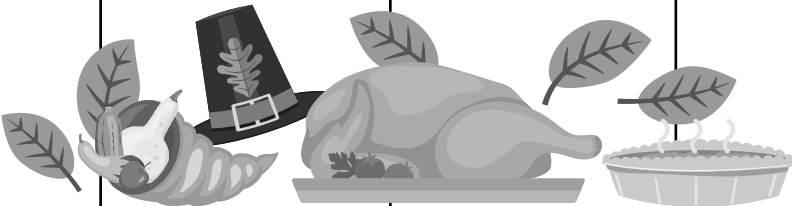


# HENDERSON™

## November 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
				<b>1</b> French dip Fries Coleslaw Fruit or Seafood salad
<b>4</b> Chili cheese dog w/onion Chips 3 Bean salad Beet salad Fruit	<b>5</b> Sweet & sour pork Brown rice Broccoli Side salad w/Asian dressing Whole wheat roll w/butter Fruit	<b>6</b> Potato chowder Grilled cheese sandwich Carrot raisin salad Chocolate chip cookie Grapes	<b>7</b> Pot roast Mashed potatoes w/gravy Carrots Side salad w/blue cheese dressing Whole wheat roll w/ butter Banana	<b>8</b> Crab cakes w/tarter sauce Rice Antigua vegetables Side salad w/honey mustard Fruit or Chicken walnut
<b>11</b> <b>CLOSED            FOR HOLIDAY            OBSERVATION</b>  <b>No Meal Service</b>	<b>12</b> Cheeseburger w/tomato, lettuce & onion Fries Roasted corn Fruit	<b>13</b> Chicken noodle soup Turkey & cheese sandwich Cucumber salad Orange wedges	<b>14</b> Meatloaf w/mashed potatoes Green beans Side salad w/blue cheese dressing Banana	<b>15</b> Stuffed pepper Rice Side salad w/ranch dressing Fruit or Tuna salad
<b>18</b> Orange chicken Rice Edamame Side salad w/Asian dressing Fruit	<b>19</b> Spaghetti w/meatballs Broccoli Side salad w/ranch dressing Whole wheat roll w/butter Fruit	<b>20</b> Turkey chili Cornbread Side salad w/Italian dressing Ambrosia	<b>21</b> BBQ ribs Baked beans Coleslaw Jell-O w/ fruit Whole wheat roll w/butter Banana	<b>22</b> Fish & chips w/tarter sauce Roasted corn Broccoli raisin salad Fruit or Chicken Ceasar salad
<b>25</b> Meatball sub w/cheese Peas Cucumber salad Fruit	<b>26</b> Chicken tenders w/ dressing Roasted corn Potato wedges Carrot raisin salad Whole wheat roll w/butter Banana	<b>27</b> <b>HOLIDAY MEAL            11am -1pm</b> Turkey Cranberry sauce Stuffing Green beans Mashed potatoes w/gravy Relish tray Roll w/ butter Pumpkin pie	<b>28</b> <b>CLOSED            FOR HOLIDAY            OBSERVATION</b>  <b>No Meal Service</b>	<b>29</b> <b>CLOSED            FOR HOLIDAY            OBSERVATION</b>  <b>No Meal Service</b>

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.

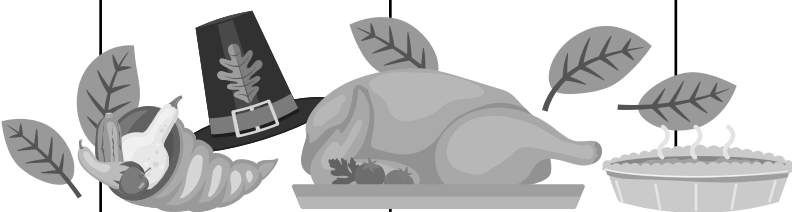
# HENDERSON™

## November 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
				<b>1</b> French dip Fries Coleslaw Fruit or Seafood salad
<b>4</b> Chili cheese dog w/onion Chips 3 Bean salad Beet salad Fruit	<b>5</b> Sweet & sour pork Brown rice Broccoli Side salad w/Asian dressing Whole wheat roll w/butter Fruit	<b>6</b> Potato chowder Grilled cheese sandwich Carrot raisin salad Chocolate chip cookie Grapes	<b>7</b> Pot roast Mashed potatoes w/gravy Carrots Side salad w/blue cheese dressing Whole wheat roll w/ butter Banana	<b>8</b> Crab cakes w/tarter sauce Rice Antigua vegetables Side salad w/honey mustard Fruit or Chicken walnut
<b>11</b> <b>CLOSED            FOR HOLIDAY            OBSERVATION</b>  <b>No Meal Service</b>	<b>12</b> Cheeseburger w/tomato, lettuce & onion Fries Roasted corn Fruit	<b>13</b> Chicken noodle soup Turkey & cheese sandwich Cucumber salad Orange wedges	<b>14</b> Meatloaf w/mashed potatoes Green beans Side salad w/blue cheese dressing Banana	<b>15</b> Stuffed pepper Rice Side salad w/ranch dressing Fruit or Tuna salad
<b>18</b> Orange chicken Rice Edamame Side salad w/Asian dressing Fruit	<b>19</b> Spaghetti w/meatballs Broccoli Side salad w/ranch dressing Whole wheat roll w/butter Fruit	<b>20</b> Turkey chili Cornbread Side salad w/Italian dressing Ambrosia	<b>21</b> BBQ ribs Baked beans Coleslaw Jell-O w/ fruit Whole wheat roll w/butter Banana	<b>22</b> Fish & chips w/tarter sauce Roasted corn Broccoli raisin salad Fruit or Chicken Ceasar salad
<b>25</b> Meatball sub w/cheese Peas Cucumber salad Fruit	<b>26</b> Chicken tenders w/ dressing Roasted corn Potato wedges Carrot raisin salad Whole wheat roll w/butter Banana	<b>27</b> Turkey Cranberry sauce Stuffing Green beans Mashed potatoes w/gravy Relish tray Roll w/ butter Pumpkin pie	<b>28</b> <b>CLOSED            FOR HOLIDAY            OBSERVATION</b>  <b>No Meal Service</b>	<b>29</b> <b>CLOSED            FOR HOLIDAY            OBSERVATION</b>  <b>No Meal Service</b>

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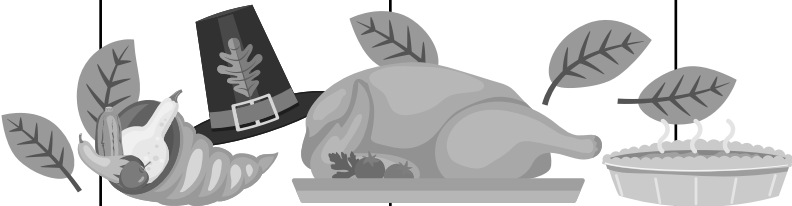
Menu Items subject to change. Milk is available with all meals Monday through Friday upon request.

# HENDERSON™

## November 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
				<b>1</b> French dip Fries Coleslaw Fruit or Seafood salad
<b>4</b> Chili cheese dog w/onion Chips 3 Bean salad Beet salad Fruit	<b>5</b> Sweet & sour pork Brown rice Broccoli Side salad w/Asian dressing Whole wheat roll w/butter Fruit	<b>6</b> Potato chowder Grilled cheese sandwich Carrot raisin salad Chocolate chip cookie Grapes	<b>7</b> Pot roast Mashed potatoes w/gravy Carrots Side salad w/blue cheese dressing Whole wheat roll w/ butter Banana	<b>8</b> Crab cakes w/tarter sauce Rice Antigua vegetables Side salad w/honey mustard Fruit or Chicken walnut
<b>11</b> <b>CLOSED            FOR HOLIDAY            OBSERVATION</b>  <b>No Meal Service</b>	<b>12</b> Cheeseburger w/tomato, lettuce & onion Fries Roasted corn Fruit	<b>13</b> Chicken noodle soup Turkey & cheese sandwich Cucumber salad Orange wedges	<b>14</b> Meatloaf w/mashed potatoes Green beans Side salad w/blue cheese dressing Banana	<b>15</b> Stuffed pepper Rice Side salad w/ranch dressing Fruit or Tuna salad
<b>18</b> Orange chicken Rice Edamame Side salad w/Asian dressing Fruit	<b>19</b> Spaghetti w/meatballs Broccoli Side salad w/ranch dressing Whole wheat roll w/butter Fruit	<b>20</b> Turkey chili Cornbread Side salad w/Italian dressing Ambrosia	<b>21</b> BBQ ribs Baked beans Coleslaw Jell-O w/ fruit Whole wheat roll w/butter Banana	<b>22</b> Fish & chips w/tarter sauce Roasted corn Broccoli raisin salad Fruit or Chicken Ceasar salad
<b>25</b> Meatball sub w/cheese Peas Cucumber salad Fruit	<b>26</b> Chicken tenders w/ dressing Roasted corn Potato wedges Carrot raisin salad Whole wheat roll w/butter Banana	<b>27</b> <b>HOLIDAY MEAL            10:30am -1:00pm</b> Turkey Cranberry sauce Stuffing Green beans Mashed potatoes w/gravy Relish tray Roll w/ butter Pumpkin pie	<b>28</b> <b>CLOSED            FOR HOLIDAY            OBSERVATION</b>  <b>No Meal Service</b>	<b>29</b> <b>CLOSED            FOR HOLIDAY            OBSERVATION</b>  <b>No Meal Service</b>

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