

February Menu

All menu items include choice of water, coffee, or hot tea and include a vegetable, fruit, and house salad. Menu subject to change and availability.

All meals are from 11AM - 1PM

Free meals for those 60+ and their loved ones of all ages



Allergen Key

- Contains Soy
- Contains Egg
- Contains Milk
- Contains Wheat/Gluten

WG = Whole Grain



Las Vegas-Clark County
LIBRARY DISTRICT
www.lvccld.org

MONDAY EAST LIBRARY	TUESDAY CLARK LIBRARY	WEDNESDAY CLARK LIBRARY	THURSDAY EAST LIBRARY	FRIDAY WHITNEY LIBRARY
		1 POTATO LEEK SOUP WG●● Turkey Sandwich	2 WG●● EGGPLANT PARMESAN & PASTA	3 ● GRILLED CHICKEN PASTA
6 ●● MAC N CHEESE Beans & Franks	7 BBQ CHICKEN Roasted Potatoes	8 ● BARLEY SOUP WG● Roast Beef Sandwich	9 ●● FISH STICKS Tater Tots & Cole Slaw	10 ● CHILI MAC ●● Corn Bread
13 SWEET & SOUR CHICKEN WG Jasmine Rice	14 ●●● MEAT LASAGNA	15 ● SPLIT PEA SOUP WG●●● Tuna Salad Sandwich	16 ● SHEPHERD'S PIE ● Dinner Roll	17 CHICKEN FAJITAS WG Spanish Rice Pinto Beans WG Corn Tortillas
20 Presidents' Day Library Closed -NO MEAL-	21 BROILED SALMON Roasted Potatoes	22 TOMATO FENNEL SOUP WG●● Grilled Cheese Sandwich	23 ●●● VEGETABLE LASAGNA	24 ROASTED TURKEY Mashed Potatoes
27 WG CHICKEN ENCHILADAS WG Spanish Rice Pinto Beans	28 ●● CHICKEN FRIED RICE Broccoli			See other side for additional information and programming

February 2023

EAST LAS VEGAS LIBRARY

Mondays & Thursdays
2851 E. Bonanza Rd.

CLARK COUNTY LIBRARY

Tuesdays & Wednesdays
1401 E. Flamingo Rd.

WHITNEY LIBRARY

Fridays
5175 E. Tropicana Ave.

All Meals are
from 11AM - 1PM

Upcoming Programming

Mondays

2/6: Golden Hour Games | Cards, dominos, games!

2/13: Valentine's Word Search and Sudoku

2/20: NO MEAL - Presidents' Day

2/27: Golden Hour Games

Tuesdays

2/7: Hollywood Hits @ 1PM | "The Woman King"

2/14: Golden Hour Games

2/21: Afternoon at the Bijou @ 1 PM | "Lady Sings the Blues"

2/28: Medicare Information @ 2PM

Wednesdays

2/1: Golden Hour Games | Cards, dominos, games!

2/8: Valentine's Word Search and Sudoku

2/15: Golden Hour Games

2/22: Golden Hour Games

Thursdays

2/2: Golden Hour Games | Cards, dominos, games!

2/9: Valentine's Word Search and Sudoku

2/16: Golden Hour Games

2/23: Golden Hour Games

Fridays

2/3: Golden Hour Games | Cards, dominos, games!

2/10: Funny Fridays | "Friday" @ 1PM

2/17: Golden Hour Games

2/24: Funny Fridays | "Friday After Next" @1PM

Healthy Tips

Eating healthy as you age!

Eat foods high in nutrients such as:

- Brightly colored fruits and vegetables
- Whole grains, like oatmeal, brown rice, and whole wheat breads, pastas or tortillas
- Low-fat or fat-free milk and cheese
- Soy or rice milk that has added vitamin D & calcium
- Seafood, lean meats, poultry and eggs
- Beans, nuts and seeds

Enjoy foods high in healthy fats such as:

- Fish high in omega-3s like salmon, herring, mackerel, or sardines
- Nuts and seeds
- Vegetable oils like olive, canola, sunflower, sesame, or avocado

Stay Hydrated:

- It might be important with certain medications to have plenty of fluids
- Sip water, low-fat milk or milk alternative, or unsweetened tea and coffee

Be physically active:

- Try to get at least 150 minutes a week of moderately intense activity
- Exercise may help you feel hungrier if you've started losing your appetite

For more information visit:

<https://medlineplus.gov/nutritionforolderadults.html>

Menú de Febrero

Todos los elementos del menú incluyen elección de agua café o té e incluyen ensalads, verduras y frutas. Menú sujeto a cambios y disponibilidad.

Todas las comidas son de 11AM - 1PM

Comida gratis para personas mayores de 60+ y sus seres queridos de todas las edades

Clave de Alérgenos

- Contiene Soja
- Contiene Huevo
- Contiene Leche
- Contiene Trigo/Gluten
- GI = Grano Integral



LUNES EAST LIBRARY	MARTES CLARK LIBRARY	MIÉRCOLES CLARK LIBRARY	JUEVES EAST LIBRARY	VIERNES WHITNEY LIBRARY
		1 SOPA DE PAPAS Y PUERRO GI ● ● Sándwich de pavo	2 GI ● ● PASTA CON BERENJENA A LA PARMESANA	3 ● PASTA DE POLLO A LA PARRILLA
6 ● ● MACARRONES DE QUESO Frijoles y salchichas	7 POLLO CON SALSA BBQ Papas Rostizadas	8 ● SOPA DE CEBADA GI ● Sándwich de Carne	9 ● ● PALITOS DE PESCADO Tater Tots Ensalada de Repollo	10 ● CHILI MAC ● ● Pan de Elote
13 POLLO AGRIDULCE GI Arroz Jazmín	14 ● ● ● LASAÑA DE CARNE	15 ● SOPA DE CHICHAROS GI ● ● Sándwich de Atún	16 ● SHEPHERD'S PIE ● Panecillo	17 FAJITAS DE POLLO GI Arroz Rojo Frijoles Pinto GI Tortillas de Maíz
20 Día de los Presidentes BIBLIOTECA CERRADA -SIN COMIDA-	21 SALMÓN ASADO Papas Rostizadas	22 SOPA DE HINOJO DE TOMATE GI ● ● Sándwich de Queso	23 ● ● ● LASAÑA DE VEGETAL	24 PAVO ASADO Puré de Papas
27 GI ENCHILADAS DE POLLO GI Arroz Rojo Frijoles Pinto	28 ● ● ARROZ FRITO CON POLLO Brócoli			Ver otro lado para obtener información adicional y programación

Febrero 2023

EAST LAS VEGAS LIBRARY

Lunes & Jueves
2851 E. Bonanza Rd.

CLARK COUNTY LIBRARY

Martes & Miércoles
1401 E. Flamingo Rd.

WHITNEY LIBRARY

Viernes
5175 E. Tropicana Ave.

Todas las comidas son
de 11AM - 1PM

Próxima Programación

Lunes

2/6: Golden Hour Games | ¡Juegos, cartas y dominó!
2/13: Rompecabezas de San Valentín y sudoku
2/20: SIN COMIDA - Día de los Presidentes
2/27: Golden Hour Games

Martes

2/7: Hollywood Hits @ 1PM | "The Woman King"
2/14: Golden Hour Games
2/21: Tarde en el Bijou @ 1 PM | "Lady Sings the Blues"
2/28: Información de Medicare @ 2PM

Miércoles

2/1: Golden Hour Games | ¡Juegos, cartas y dominó!
2/8: Rompecabezas de San Valentín y sudoku
2/15: Golden Hour Games
2/22: Golden Hour Games

Jueves

2/2: Golden Hour Games | ¡Juegos, cartas y dominó!
2/9: Rompecabezas de San Valentín y sudoku
2/16: Golden Hour Games
2/23: Golden Hour Games

Viernes

2/3: Golden Hour Games
2/10: Funny Fridays @ 1PM | "Friday"
2/17: Golden Hour Games
2/24: Funny Fridays @1PM | "Friday After Next"

Consejos Saludables

¡Comer sano a medida que envejece!

Consuma alimentos ricos en nutrientes y bajos en calorías:

- Frutas y verduras de colores vivos
- Granos integrales, como avena, arroz integral y panes, pastas o tortillas de trigo integral
- Leche y queso bajos en grasa o sin grasa
- Leche de soya o arroz que ha agregado vitamina D y calcio
- Mariscos, carnes magras, aves y huevos
- Frijoles, nueces y semillas

Disfrutar de alimentos ricos en grasas saludables como:

- Pescado rico en omega-3 como el salmón, el arenque, la caballa o las sardinas
- Nueces y semillas
- Aceites vegetales como oliva, canola, girasol, sésamo o aguacate

Mantenerse hidratada:

- Puede ser importante con ciertos medicamentos tener muchos líquidos
- Beba agua, leche baja en grasa o alternativas a la leche, o té y café sin azúcar

Ser físicamente activo:

- Trate de hacer al menos 150 minutos a la semana de actividad moderadamente intensa
- El ejercicio puede ayudarlo a sentirse más hambriento si ha comenzado a perder el apetito

Para obtener más información, visite:

<https://medlineplus.gov/nutritionforolderadults.html>