

COMMUNITY SERVICES—MARIPOSA SENIOR ACTIVITY CENTER

MEALS FOR JANUARY 2017

Nutrient of the Month — Vitamin K

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p align="center">CLOSED 2 FOR COUNTY HOLIDAY</p> 	<p align="center">3</p> <p>FRUIT JUICE KITCHEN SINK™ SALAD (COLBY-MONTEREY JACK CHEESE, CHOPPED HAM, TURKEY, CARROTS, CELERY, APPLE, PINEAPPLE), OVER MIXED GREENS LETTUCE W/MULTI GRAIN MUFFIN & WW CRACKERS(6)</p>	<p align="center">4</p> <p>COUNTRY FRIED STEAK W/GRAVY WHIPPED POTATOES GREEN BEANS WW BISCUIT APPLE FRUIT CRISP W/OATS</p>	<p align="center">5</p> <p>SEASONED TALIPIA BROWN RICE & QUINOA CARROT STICKS MIXED GREENS SALAD W/TOMATOES BRAN MUFFIN MIXED BERRIES CUP</p>	<p align="center">6</p> <p>CHUCKWAGON STEAK MASHED POTATOES W/GRAVY BRUSSEL SPROUTS GARDEN SALAD W/TOMATO WW BISCUIT CITRUS FRUIT CUP <u>BINGO NITE</u> <u>BROWN BAG</u></p>
<p align="center">9</p> <p>FRUIT JUICE OPEN FACE BBQ BEEF ON A WW BUN SEASONED POTATO WEDGES COLESLAW</p>	<p align="center">10</p> <p>SPINACH LASAGNA STEAMED CARROTS BROCCOLI SALAD WW GARLIC BREAD PEACHES & PEARS MIX</p>	<p align="center">11</p> <p>HERB BAKED FISH SOUR CREAM POTATOES PACIFIC MIX VEGGIES MIXED GREENS SALAD W/CARROTS WW BREAD STICKS APPLE & ORANGE SLICES</p>	<p align="center">12</p> <p>CHICKEN PARMESAN W/SEASONED PASTA ITALIAN GREEN BEANS CARROT RAISIN SALAD MULTI GRAIN MUFFIN PEARS</p>	<p align="center"><u>BIRTHDAY CELEBRATION!!!</u></p> <p align="center">13</p> <p>ROAST BEEF POTATOES W/GRAVY SPINACH SALAD WW BISCUIT ORANGE WEDGES OATMEAL CAKE W/COCONUT PECAN FROSTING & ICE CREAM</p>
<p align="center">CLOSED 16 HONORING MARTIN LUTHER KING, JR.</p>	<p align="center">17</p> <p>COUNTRY FRIED CHICKEN MASHED POTATOES W/GRAVY CORN GARDEN SALAD W/TOMATO WW BISCUIT APRICOT CUP</p>	<p align="center">18</p> <p>SWEET & SOUR PORK OVER BROWN RICE JAPANESE VEGETABLES MIXED GREEN SALAD W/CARROTS CHOW MEIN NOODLES FORTUNE COOKIE CITRUS FRUIT CUP</p>	<p align="center">MARY'S INDIAN TACOS 19</p> <p>ON FLAT BREAD WITH PINTO BEANS, BEEF, LETTUCE, CHEESE, TOMATOES, ONIONS, OLIVES & SALSA CARROT STICKS ORANGE WEDGES</p>	<p align="center">20</p> <p>STUFFED TOMATO TUNA SALAD ON A BED OF LETTUCE TOMATOES & CUCUMBERS MULTI GRAIN MUFFIN SLICED APPLES CRACKERS (6) <u>BROWN BAG</u></p>
<p align="center">23</p> <p>CRAB CAKES W/TARTAR SAUCE RICE PILAF BROCCOLI CAESAR SALAD W/TOMATO WW BREAD MIXED BERRIES CUP</p>	<p align="center">24</p> <p>PORK ROAST W/GRAVY RED POTATOES PEAS & CARROTS ENRICHED ROLL PEACH & APPLE CRISP W/OATS</p>	<p align="center">25</p> <p>FRUIT JUICE MEATLOAF MASHED POTATOES W/GRAVY BRUSSELS SPROUTS GARDEN SALAD W/TOMATO WW BISCUIT</p>	<p align="center">26</p> <p>TURKEY POT PIE W/CRUST, PEAS, CARROTS, POTATOES GARDEN SALAD W/TOMATOES WW BISCUIT PEACHES</p>	<p align="center">27</p> <p>FRUIT JUICE BEEF ENCHILADAS W/FLOUR TORTILLAS MEXICALI CORN MIXED GREENS SALAD W/QUINOA & TOMATO</p>
<p align="center">30</p> <p>ITALIAN SPAGHETTI & MEAT SAUCE W/PARMESAN CHEESE ITALIAN MIXED VEGETABLES CAESAR SALAD MIXED BERRIES CUP WW BREAD STICKS</p>	<p align="center">31</p> <p>LEMON & HERB BAKED FISH BROWN RICE & QUINOA BROCCOLI GARDEN SALAD W/TOMATOES WW BREAD STICKS CITRUS FRUIT CUP</p>	<p align="center">8 OUNCES OF MILK OFFERED AT EACH MEAL</p>		<p align="center">For reservations, please call the nutrition line directly at: 742-7182 ☺</p>



= >750 mg Sodium

PLEASE CALL FOR RESERVATIONS @ 742-7182 BEFORE 10:30 AM

FUNDED BY YOUR DONATIONS*****AREA 12 AGENCY ON AGING*****MARIPOSA COUNTY GENERAL FUND
SUGGESTED SENIOR DONATION \$4.00 — NON-SENIOR FEE \$6.00