



COMMUNITY SERVICES—MARIPOSA SENIOR ACTIVITY CENTER

MEALS FOR MAY 2017

Nutrient of the Month—Coenzyme 10 (CoQ10)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BBQ CHICKEN 1 TATER TOTS CASSEROLE SEASONED GREEN BEANS MIXED GREEN SALAD W/CARROTS & TOMATOES WW BREAD CITRUS FRUIT CUP	ROAST BEEF 2 MASHED POTATOES W/GRAVY BROCCOLI & CAULIFLOWER GREEN SALAD W/TOMATOES WW ROLL PEACH & CREAM CUP	FRUIT JUICE 3 BAKED HAM W/FRUIT SAUCE YAMS SPINACH SALAD W/MANDARIN ORANGE SLICES BRUSSEL SPROUTS  WW ROLLS	CHICKEN ENCHILADAS 4 W/BLACK BEANS CUCUMBER & TOMATOES MEXICALI CORN MULTI GRAIN MUFFIN PEAR CUP	"COUNTRY" FRIED STEAK 5 MASHED POTATOES W/COUNTRY GRAVY SOUTHERN GREEN BEANS GREEN SALAD W/TOMATOES WW BISCUIT MIXED BERRIES CUP <i>BINGO NITE</i> <i>BROWN BAG</i>
FRUIT JUICE 8 MEAT LOAF MASHED POTATOES W/GRAVY PEAS GARDEN SALAD W/TOMATOES & CARROTS WW BISCUIT	4 CHEESE BAKED ZITTI 9 VEGETABLE MEDLEY BLEND CAESAR SALAD WW/BREAD STICKS PINEAPPLE CUP	CHEF'S SALAD WITH DICED 10 TURKEY/HAM/LETTUCE/ HARD BOILED EGGS/CHEESE/ TOMATOES, & CUCUMBERS BRAN MUFFIN ORANGE WEDGES WW CRACKERS (6)	BELL PEPPER CASSEROLE 11 W/BROWN RICE CORN MIXED GREENS SALAD W/TOMATOES & CARROTS WW BREAD APRICOTS	<u>SENIOR HEALTH FAIR & EXPO!!</u> Lunch Served @ Fairgrounds SPINACH LASAGNA 12 GREEN BEANS BROCCOLI SALAD WW GARLIC BREAD CITRUS FRUIT CUP
BEEF TACO SALAD ON A 15 BED OF CORN TORTILLA CHIPS LS WITH PINTO BEANS, LETTUCE, CHEESE, ONIONS, OLIVES, & SALSA MEXICAN RICE SLICED APPLES	PORK ROAST W/GRAVY 16 RED POTATOES CARROTS GARDEN SALAD W/TOMATOES WW ROLL MIXED BERRIES CUP	CRAB CAKES W/TARTAR 17 SAUCE & LEMON WEDGE SPINACH BAKE CALIFORNIA MIXED VEGGIES BRAN MUFFIN TROPICAL FRUIT CUP	CHEESEBURGER ON A 18 WW BUN W/LETTUCE & TOMATO, ONION POTATO SALAD PEAS & CARROTS JELLO W/FRUIT COCKTAIL & PINEAPPLE	<u>BIRTHDAY CELEBRATION!!!</u> FRUIT JUICE 19 ROASTED CHICKEN POTATOES W/GRAVY SPINACH SALAD W/MANDARIN ORANGE SLICES WW BISCUIT CAKE & ICE CREAM <i>BROWN BAG</i>
BEEF TIPS 22 OVER NOODLES CALIFORNIA MIX VEGGIES CAESAR SALAD W/TOMATOES WW ROLL PINEAPPLE CUP	FRUIT JUICE 23 KITCHEN SINK" SALAD (COLBY-MONTEREY JACK CHEESE, CHOPPED HAM, TURKEY, CARROTS, CELERY, APPLE, PINEAPPLE), OVER MIXED GREENS LETTUCE MULTI GRAIN MUFFIN WW CRACKERS (6)	BEEF ENCHILADAS 24 CUCUMBER & TOMATOES CORN MULTI GRAIN MUFFIN PEAR CUP	CHIPOTLE BAKED FISH 25 W/LEMON WEDGE WILD & LONG GRAIN RICE CAULIFLOWER PICKLED BEET SALAD WW BREAD STICKS PEACH CUP	MILD GARLIC CHICKEN 26 BROWN RICE ASIAN VEGETABLES CHINESE GREEN SALAD CHOW MEIN NOODLES MANDARIN ORANGE SLICES
CLOSED MEMORIAL DAY 29 	CHICKEN PARMESAN 30 W/SEASONED PASTA CALIFORNIA MIX VEGGIES CARROT RAISIN SALAD MULTI GRAIN MUFFIN STRAWBERRIES SHORTCAKE	CHUCKWAGON STEAK 31 MASHED POTATOES W/GRAVY BRUSSEL SPROUTS GARDEN SALAD W/TOMATO WW BISCUIT CITRUS FRUIT CUP	8 OUNCES OF MILK OFFERED AT EACH MEAL	
For reservations, please call the nutrition line directly at: 742-7182 😊				



= >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