


COMMUNITY SERVICES—MARIPOSA SENIOR ACTIVITY CENTER

MEALS FOR JUNE 2017

Nutrient of the Month – Vitamin B5

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p align="center">For reservations, please call the nutrition line directly at: 742-7182 ☺</p>	<p>JUNE 18TH Happy Father's Day</p> 	<p>8 OUNCES OF MILK OFFERED AT EACH MEAL</p>	<p>CHICKEN BASIL SALAD 1 ON A BED OF LETTUCE W/TOMATOES BABY CARROTS & OLIVES WW ROLL WATERMELON CRACKERS (6)</p>	<p>BREADED FISH W/TARTAR SAUCE & LEMON WEDGE 2 BROWN RICE ASIAN VEGETABLES MIX COLESLAW MULTI GRAIN MUFFIN PINEAPPLE BINGO NITE <i>BROWN BAG</i></p>
<p>"COUNTRY" FRIED STEAK 5 W/GRAVY WHIPPED POTATOES STEAMED CARROTS SPINACH SALAD WW BISCUIT STRAWBERRIES</p>	<p>BEEF TIPS OVER NOODLES 6 CALIFORNIA MIX VEGGIES MIXED GREENS W/TOMATOES, CHICK PEAS & CARROTS WW ROLL PEACHES CUP</p>	<p>SPAGHETTI PIE CASEROLE 7 W/CHEESE ITALIAN GREEN BEANS TOSSED SALAD W/CARROTS & TOMATOES WW GARLIC BREAD TROPICAL FRUIT CUP</p>	<p>QUICHE LORRAINE 8 FRENCH PEAS CAESAR SALAD W/TOMATOES & CROUTONS WW ROLL CANTALOUPE</p>	<p>BIRTHDAY CELEBRATION!!! FRUIT JUICE 9 PORK ROAST W/GRAVY RED POTATOES GREEN BEANS WW ROLL ICE CREAM & CAKE</p>
<p>ORANGE GLAZED CHICKEN 12 BROWN RICE & QUINOA CAPRI BLEND VEGETABLES GREEN SALAD W/CARROTS & TOMATOES WW ROLL MIXED MELONS</p>	<p>SPINACH LASAGNA 13 BROCCOLI GARDEN SALAD W/CARROTS WW BREAD STICKS APPLE CRISP W/OATS</p>	<p>MEATLOAF 14 WHIPPED POTATOES W/GRAVY BRUSSELS SPROUTS GARDEN SALAD W/TOMATO WW BISCUIT MIXED BERRIES CUP</p>	<p>MARY'S INDIAN TACOS 15 ON FLAT BREAD WITH PINTO BEANS, BEEF, LETTUCE, CHEESE, TOMATOES, ONIONS, OLIVES & SALSA CARROT STICKS  ORANGE WEDGES</p>	<p>HERB BAKED CHICKEN 16 POTATO WEDGES BROCCOLI & CAULIFLOWER SPINACH SALAD W/ MANDRIN ORANGES BRAN MUFFIN TROPICAL FRUIT CUP <i>BROWN BAG</i></p>
<p>LEMON BAKED FISH & 19 LEMON WEDGE RICE PILAF STEAMED CARROTS APPLE RAISIN COLESLAW WW ROLL PEACH COBLER</p>	<p>BEEF ENCHILADAS 20 SPANISH RICE MEXICAN CORN GREEN SALAD W/CARROTS TORTILLA CHIPS W/SALSA PEAR CUP</p>	<p>CHICKEN CACCIATORE 21 OVER PASTA GREEN BEANS TOMATO & CUCUMBER SALAD WW BREAD STICKS CITRUS CUP</p>	<p>ROAST BEEF 22 MASHED POTATOES W/GRAVY PEAS & CARROTS GREEN SALAD W/TOMATOES WW ROLL PINEAPPLE</p>	<p>COLD TURKEY SANDWICH 23 ON A WW BUN W/CRANBERRY SAUCE POTATO WEDGES PEA SALAD TROPICAL FRUIT CUP</p>
<p>BEEF BURGUNDY 26 W/MUSHROOMS OVER NOODLES PEAS MIXED GREENS SALAD W/CARROTS & TOMATOES WW ROLL APPLE SLICES</p>	<p>HERB BAKED FISH 27 & LEMON WEDGE SOUR CREAM POTATOES LIMA BEANS WW ROLL FROG EYE SALAD W/PEACHES</p>	<p>SWEDISH MEATBALLS 28 W/MUSHROOM GRAVY OVERPASTA GREEN BEANS SPINACH SALAD W/TOMATO & CRANBERRIES WW BREAD STICKS PEARS CUP</p>	<p>CRAB CAKES 29 W/TARTAR SAUCE & LEMON WEDGES POTATO WEDGES SPINACH BAKE MIXED VEGETABLES WW BREAD MIXED BERRIES CUP </p>	<p>SWEET & SOUR PORK 30 BROWN RICE & QUINOA BROCCOLI & CAULIFLOWER GREEN SALAD W/CARROTS CHOW MEIN NOODLES FORTUNE COOKIE PINEAPPLE</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