


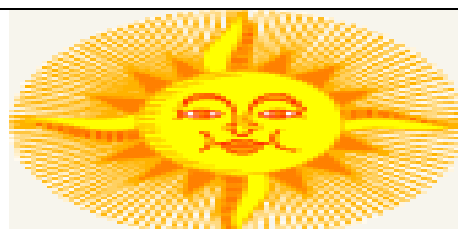





**COMMUNITY SERVICES—MARIPOSA SENIOR ACTIVITY CENTER
MEALS FOR JULY 2017**



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
CHICKEN PARMESAN SEASONED PASTA ITALIAN GREEN BEANS SPINACH SALAD W/ MANDARIN ORANGE SLICES WW BREAD TROPICAL FRUIT CUP 3	CLOSED  HOLIDAY 4	“COUNTRY” FRIED STEAK WHIPPED POTATOES W/GRAVY LIMA BEANS CORN WW BISCUIT MIXED BERRIES CUP  5	BBQ CHICKEN POTATO SALAD CARROTS PEAS WW BISCUIT WATERMELON 6	FOUR CHEESE BAKED ZITI GREEN BEANS TOSSED SALAD W/CARROTS WW GARLIC BREAD PINEAPPLE 7 BINGO NITE BROWN BAG
PORK CHOPS MASHED POTATOES W/GRAVY PEAS MIXED GREENS SALAD W/CARROTS & TOMATOES WW BISCUIT MIXED BERRIES CUP 10	BEEF STROGANOFF OVER NOODLES LIMA BEANS CAESAR SALAD W/TOMATO & CROUTONS WW ROLL MANDARIN ORANGES 11	LASAGNA ITALIAN GREEN BEANS GREEN SALAD W/TOMATO & CARROTS WW BREAD STICKS MIXED MELON 12	COLD TURKEY SANDWICH ON A WW ROLL W/LETTUCE, TOMATO, CRANBERRY SAUCE GREEN SALAD W/CARROTS COLD BLACK BEAN & CORN SALAD ORANGE WEDGES  13	BIRTHDAY CELEBRATION!!! FRUIT JUICE SLICED ROAST BEEF MASHED POTATOES W/GRAVY 3-BEAN SALAD WW ROLL CAKE & ICE CREAM 14
CHIPOTLE FISH W/LEMON NOODLES ROMANOFF CAPRI BLEND VEGGIES SPINACH SALAD W/ MANDARIN ORANGES MULTI GRAIN MUFFIN FRUIT COCKTAIL W/PEACHES 17	CHICKEN ENCHILADA W/WWFLOUR TORTILLAS MEXICAN CORN MIXED GREENS SALAD W/CARROTS & TOMATO CORN CHIPS & SALSA BRAN MUFFIN CANTALOUPE 18	FRUIT JUICE BEEF TIPS OVER PASTA PEAS W/ONIONS CARROTS, RAISIN & PINEAPPLE SALAD WW ROLL 19	CRAB CAKES W/LEMON BARLEY PILAF BROCCOLI MIXED GREENS SALAD W/CARROTS & TOMATO WW BREAD MIXED MELON 20	SWEET & SOUR PORK OVER BROWN RICE JAPANESE VEGETABLES MIXED GREENS SALAD W/TOMATO & CARROTS CHOW MEIN NOODLES PINEAPPLE 21 BROWN BAG
CHEF’S SALAD WITH TURKEY / HAM / LETTUCE/DICED HARD BOILED EGGS/ CHEESE/ TOMATOES & CUCUMBERS CROISSANT PEACHES CUP WW CRACKERS (6) 24	CHICKEN CACCIATORE OVER PASTA CORN GREEN SALAD W/CARROTS & TOMATOES WW ROLL BLACKBERRY COBBLER W/OATS 25	LEMON PEPPER FISH W/TARTAR SAUCE LONG GRAIN & WILD RICE BROCCOLI & CAULIFLOWER SPINACH SALAD W/TOMATO WW BREAD STICKS PINEAPPLE 26	BBQ PULLED PORK ON A WW BUN BAKED BEANS COLESLAW SLICED TOMATOES & CUCUMBERS WATERMELON 27	MEATLOAF W/GRAVY MASHED POTATOES BRUSSELS SPROUTS BEET & ONION SALAD WW BISCUIT HONEYDEW MELON 28
“KRAB” LOUIE SALAD ON A BED OF LETTUCE W/TOMATOES, DICED HARD BOILED EGGS OLIVES & CARROT STICKS OATBRAN MUFFIN TROPICAL FRUIT CUP WW CRACKERS (6) 31		For reservations, please call the <u>Nutrition Line</u> directly at: <u>742-7182</u> ☺		8 OUNCES OF MILK OFFERED AT EACH MEAL



= >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