

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>For reservations, please call the nutrition line directly at: 742-7182</p> <p>8 OUNCES OF MILK OFFERED AT EACH MEAL</p>	<p>CHILI RELLENOS CASSEROLE 1 BROWN RICE & QUINOA GREEN BEANS MIXED GREENS SALAD W/TOMATO & CARROTS CORN CHIPS & SALSA STRAWBERRIES CUP</p>	<p>4 CHEESE BAKED ZITTI 2 CAPRI BLEND SPINACH, TOMATO & CUCUMBER SALAD ENRICHED BREAD STICK MIXED MELON CUBES</p>	<p>BAKED CHICKEN 3 W/TROPICAL SALSA BARLEY RISOTTO BROCCOLI RAISIN & CARROT SALAD WW ROLL PEACHES & PEARS CUP</p>	<p>PORK CHOPS W/GRAVY 4 STEAMED BROWN RICE PEAS & CARROTS SPINACH SALAD W/MANDARIN ORANGE SLICES WW BREAD VANILLA PUDDING W/BANANAS BINGO NITE BROWN BAG</p>
<p>MACARONI & BEEF CASSEROLE 7 GREEN BEANS TOSSED MIXED GREENS W/CARROTS WW ROLL CANTALOUPE CUBES</p>	<p>CHINESE CHICKEN SALAD 8 W/LETTUCE, CABBAGE, MANDARIN ORANGES, & CHINESE NOODLES BABY CARROTS & OLIVES BRAN MUFFIN TROPICAL FRUIT CUP</p>	<p>BEEF ENCHILADAS 9 W/WWFLOUR TORTILLAS MEXICALI CORN CUCUMBER & TOMATOES MULTI GRAIN MUFFIN PEAR CUP</p>	<p>PORK ROAST W/GRAVY 10 BROWN RICE BRUSSEL SPROUTS MIXED GREEN SALAD W/CARROTS WW BISCUIT ORANGE WEDGES</p>	<p>BIRTHDAY CELEBRATION!!! FRUIT JUICE 11 ROASTED CHICKEN POTATOES W/GRAVY 3 BEAN SALAD WW ROLL ICE CREAM & CAKE</p>
<p>FRUIT JUICE 14 STUFFED TOMATO TUNA SALAD ON A BED OF LETTUCE CARROT RAISIN SALAD MULTI GRAIN MUFFIN SLICED APPLES WW CRACKERS (6)</p>	<p>SPAGHETTI WITH MEAT SAUCE 15 ITALIAN GREEN BEANS WATERMELON, CUCUMBER & FETA CHEESE SALAD GARLIC BREAD PEACHES & PEARS CUP</p>	<p>ORANGE GLAZED CHICKEN 16 BROWN RICE & QUINOA CAPRI BLEND VEGETABLES GREEN SALAD W/CARROTS & TOMATOES WW ROLL MIXED MELON CUBES</p>	<p>SEASONED TALIPIA 17 & LEMON WEDGE BROWN RICE & BARLEY CALIFORNIA MIX VEGGIES TOMATO & CUCUMBER SALAD BRAN MUFFIN STRAWBERRIES CUP</p>	<p>FRUIT JUICE 18 MEATLOAF MASHED POTATOES W/GRAVY LENTIL PILAF BRUSSELS SPROUTS GARDEN SALAD W/CARROTS WW BISCUIT BROWN BAG</p>
<p>BBQ PORK ON A WW BUN 21 COWBOY BEANS BARLEY & BROWN RICE COLESLAW WATERMELON CUBES</p>	<p>BEEF TACO SALAD ON A BED 22 OF CORN TORTILLA CHIPS WITH PINTO BEANS, LETTUCE, CHEESE ONIONS, OLIVES, & SALSA MEXICAN BROWN RICE APPLES</p>	<p>SPINACH & CHEESE LASAGNA 23 PACIFIC BLEND VEGGIES GREEN SALAD W/CARROTS GARLIC BREAD APRICOT CUP</p>	<p>COUNTRY FRIED CHICKEN 24 W/GRAVY WHIPPED POTATOES CAPRI BLEND VEGETABLES WW BISCUIT PEACH CRISP W/OATS</p>	<p>CHEESBURGER ON A WW BUN 25 LETTUCE, TOMATO, ONION W/ KETCHUP/MUSTARD/MAYO GARLIC POTATO WEDGES HONEYDEW CUBES</p>
<p>FISH & CHIPS 28 & LEMON WEDGE BARLEY PILAF BROCCOLI & CAULIFLOWER BRAN MUFFIN WATERMELON CUBES</p>	<p>PORK ROAST W/GRAVY 29 BROWN RICE CORN SPINACH SALAD W/CRAINRAISINS WW ROLL PINEAPPLE CUP</p>	<p>BEEF TIPS OVER NOODLES 30 CALIFORNIA MIX VEGGIES MIXED GREENS W/TOMATO & CARROTS WW ROLL MIXED BERRIES COBBLER</p>	<p>FRUIT JUICE 31 KITCHEN SINK" SALAD (COLBY- MONTEREY JACK CHEESE. CHOPPED HAM, TURKEY, CARROTS, CELERY, APPLE, PINEAPPLE), OVER MIXED GREENS LETTUCE MULTI GRAIN MUFFIN WW CRACKERS (6)</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