

COMMUNITY SERVICES—MARIPOSA SENIOR ACTIVITY CENTER

MEALS FOR JANUARY 2018

Nutrient of the Month — SULFUR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p align="center">CLOSED 1 FOR COUNTY HOLIDAY</p> 	<p align="center">2</p> <p>TURKEY POT PIE W/CRUST, PEAS, CARROTS, POTATOES GARDEN SALAD W/TOMATOES & CUCUMBERS WW BISCUIT PEACHES</p>	<p align="center">3</p> <p>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>	<p align="center">4</p> <p>HERB BAKED FISH BROWN RICE PACIFIC MIX VEGGIES MIXED GREENS SALAD W/CARROTS & TOMATOES WW BREAD STICKS APPLE & ORANGE SLICES</p>	<p align="center">5</p> <p>COUNTRY FRIED STEAK W/GRAVY WHIPPED POTATOES GREEN BEANS WW BISCUIT CRANBERRY ORANGE MUFFIN TROPICAL FRUIT CUP BINGO NITE BROWN BAG</p>
<p align="center">8</p> <p>OPEN FACE BBQ BEEF ON A WW BUN SEASONED POTATO WEDGES COLESLAW ORANGE WEDGES</p>	<p align="center">9</p> <p>SPINACH LASAGNA STEAMED CARROTS BROCCOLI SALAD WW GARLIC BREAD PEACHES & PEARS MIX</p>	<p align="center">10</p> <p>SWEET & SOUR PORK OVER BROWN RICE JAPANESE VEGETABLES MIXED GREENS SALAD W/CARROTS CHOW MEIN NOODLES FORTUNE COOKIE CITRUS FRUIT CUP</p>	<p align="center">11</p> <p>CHICKEN PARMESAN W/SEASONED PASTA ITALIAN GREEN BEANS CARROT RAISIN SALAD MULTI GRAIN MUFFIN PEARS</p>	<p align="center">BIRTHDAY CELEBRATION!!!</p> <p align="center">12</p> <p>ROAST BEEF POTATOES W/GRAVY SPINACH SALAD W/CARROTS & TOMATOES WW BISCUIT ORANGE WEDGES OATMEAL CAKE & ICE CREAM</p>
<p align="center">CLOSED 15</p> <p align="center">HONORING MARTIN LUTHER KING, JR.</p>	<p align="center">16</p> <p>BEEF STROGANOFF OVER NOODLES LIMA BEANS CAESAR SALAD W/TOMATO & CROUTONS WW ROLL PEACH & APPLE CRISP W/OATS</p>	<p align="center">17</p> <p>STUFFED TOMATO TUNA SALAD ON A BED OF LETTUCE TOMATOES & CUCUMBERS MULTI GRAIN MUFFIN SLICED APPLES WW CRACKERS (6)</p>	<p align="center">MARY'S INDIAN TACOS 18</p> <p>ON FLAT BREAD WITH PINTO BEANS, BEEF, LETTUCE, CHEESE, TOMATOES, ONIONS, OLIVES & SALSA CARROT STICKS ORANGE WEDGES</p> 	<p align="center">19</p> <p>PORK ROAST W/GRAVY MASHED POTATOES PEAS & CARROTS ENRICHED ROLL PEACH & APPLE CRISP W/OATS BROWN BAG</p>
<p align="center">22</p> <p>CRAB CAKES W/TARTAR SAUCE BROWN RICE PILAF BROCCOLI CAESAR SALAD W/TOMATO WW BREAD MIXED BERRIES CUP</p>	<p align="center">23</p> <p>CHILI RELLENOS CASSEROLE WBROWN RICE GREEN BEANS MIXED GREENS SALAD W/TOMATOES & CARROTS CORN MUFFIN TROPICAL FRUIT CUP</p>	<p align="center">24</p> <p>FRUIT JUICE MEATLOAF MASHED POTATOES W/GRAVY BRUSSELS SPROUTS GARDEN SALAD W/TOMATO WW BISCUIT MULTI GRAIN MUFFIN</p>	<p align="center">25</p> <p>BEEF TIPS OVER NOODLES CALIFORNIA MIX VEGGIES MIXED GREENS W/TOMATOES & CARROTS WW ROLL BANANA</p>	<p align="center">26</p> <p>BEEF ENCHILADAS W/WW FLOUR TORTILLAS MEXICALI CORN MIXED GREENS SALAD W/CARROTS & TOMATOES MANDARIN ORANGES</p>
<p align="center">29</p> <p>ITALIAN SPAGHETTI & MEAT SAUCE W/PARMESAN CHEESE ITALIAN MIXED VEGETABLES CAESAR SALAD W/CARROTS WW BREAD STICKS APPLE</p>	<p align="center">30</p> <p>CHIPOTLE FISH W/LEMON BROWN RICE BROCCOLI GARDEN SALAD W/TOMATOES WW BREAD STICKS CITRUS FRUIT CUP</p>	<p align="center">31</p> <p>BAKED CHICKEN W/TROPICAL SALSA BARLEY RISOTTO LIMA BEANS RAISIN & CARROT SALAD WW ROLL PEACHES & PEARS 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