



COMMUNITY SERVICES—MARIPOSA SENIOR ACTIVITY CENTER

MEALS FOR APRIL 2018

Nutrient of the Month — Molybdenum

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BAKED FISH W/TARTAR SAUCE & LEMON WEDGE BROWN RICE PILAF CALIFORNIA MIXED VEGGIES MIXED GREENS W/TOMATO BRAN MUFFIN PEACHES 2	BEEF STROGANOFF OVER NOODLES LIMA BEANS CAESAR SALAD W/TOMATO & CROUTONS WW ROLL CITRUS CUP 3	CHEESE RAVIOLI W/MARINARA SAUCE ITALIAN GREEN BEANS TOSSED GREEN SALAD W/CARROTS & CUCUMBERS WW BREAD BANANA 4	COUNTRY FRIED STEAK MASHED POTATOES W/GRAVY GARDEN SALAD W/TOMATOES & CARROTS WW ROLL CRANBERRY ORANGE MUFFIN APRICOT CUP 5	BEEF TIPS OVER PASTA GREEN BEANS MIXED GREENS W/TOMATOES & CARROTS WW ROLL APPLE <i>BINGO NITE</i> / <i>BROWN BAG</i> 6
MILD GARLIC CHICKEN BROWN RICE PILAF ASIAN VEGETABLES CHINESE GREEN SALAD W/TOMATOES WW BREAD MANDARIN ORANGE SLICES 9	BEEF ENCHILADAS W/WW FLOUR TORTILLAS PINTO BEANS MEXICALI CORN CORN MUFFIN CHIPS & SALSA CITRUS CUP 10	PORK CHILI VERDE W/WW FLOUR TORTILLAS BROWN SPANISH RICE LIMA BEANS MEXICAN GREEN SALAD W/TOMATOES PEAR CUP 11	ROASTED CHICKEN BROWN RICE SEASONED GREEN BEANS CARROT, APPLE & RAISIN SALAD WW BISCUIT APPLESAUCE 12	BIRTHDAY CELEBRATION!!! FRUIT JUICE ROAST BEEF RED POTATOES W/GRAVY BROCCOLI & CAULIFLOWER WW ROLL CAKE & ICE CREAM 13
GINGER PORK PENNE CAPRI BLEND VEGETABLES GREEN SALAD W/TOMATO & CARROTS WW ROLL PINEAPPLE 16	SALSBURY STEAK W/GRAVY MASHED POTATOES MIXED GREEN SALAD W/CARROTS & TOMATOES WW BREAD (2) MIXED BERRIES 17	CHICKEN SALAD ON A BED of MIXED GREENS, W/TOMATOES & CUCUMBERS OLIVES & CARROT STICKS MULTI GRAIN MUFFIN SLICED APPLES CRACKERS (6) 18	INDIAN TACOS ON FLAT BREAD WITH PINTO BEANS, BEEF, LETTUCE, CHEESE, TOMATOES, ONIONS OLIVES & SALSA CARROT STICKS ORANGE WEDGES 19	LEMON & HERB BAKED FISH BROWN RICE BROCCOLI SALAD CARROTS WW BREAD CITRUS FRUIT CUP 20 <i>BROWN BAG</i>
FISH TACOS LETTUCE, CHEESE, ONIONS, OLIVES, & SALSA MEXICAN BROWN RICE COLESLAW PINEAPPLE 23	COTTAGE CHEESE & SPINACH LASAGNA CALIFORNIA BLEND MIXED GREEN SALAD W/CUCUMBERS & CARROTS WW GARLIC BREAD PEACHES 24	MEATLOAF W/GRAVY TATER TOT CASSEROLE BRUSSELS SPROUTS WW BISCUIT PEACH & APPLE CRISP W/OATS 25	PORK CHOPS W/GRAVY LONG GRAIN & WILD RICE PEAS GREEN SALAD W/TOMATOES & CARROTS BRAN MUFFIN APPLESAUCE 26	FRUIT JUICE SOUTHWEST BLACK BEAN & CORN PASTA SALAD SLICED TOMATOES CARROT STICKS MULTI GRAIN MUFFIN CITRUS CUP 27
CHICKEN PARMESAN W/SEASONED PASTA ITALIAN GREEN BEANS CARROT, APPLE, RAISIN SALAD MULTI GRAIN MUFFIN BANANA 30		<p>For reservations, please call the nutrition line directly at: 742-7182 ☺</p>		<p>8 OUNCES OF MILK OFFERED AT EACH MEAL</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