


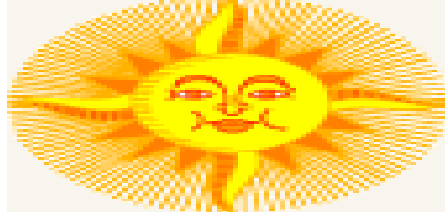


COMMUNITY SERVICES—MARIPOSA SENIOR ACTIVITY CENTER
MEALS FOR July 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
CHICKEN PARMESAN SEASONED PASTA ITALIAN GREEN BEANS SPINACH SALAD W/ MANDARIN ORANGE SLICES WW ROLL TROPICAL FRUIT CUP 2	BBQ CHICKEN POTATO SALAD PEAS & CARROTS PASTA SALAD WW BREAD WATERMELON 3	CLOSED HOLIDAY  4	COUNTRY FRIED STEAK W/GRAVY WHIPPED POTATOES STEAMED CARROTS CRANBERRY ORANGE MUFFIN /WW BISCUIT ORANGE WEDGES  5	FOUR CHEESE BAKED ZITI GREEN BEANS TOSSED SALAD W/CARROTS & CUCUMBERS WW GARLIC BREAD PINEAPPLE BINGO NITE BROWN BAG 6
PORK CHOPS W/GRAVY OVER BROWN RICE PEAS MIXED GREENS SALAD W/CARROTS & TOMATOES WW BISCUIT MIXED BERRIES CUP 9	BEEF STROGANOFF OVER NOODLES LIMA BEANS CAESAR SALAD W/TOMATO & CROUTONS WW ROLL MANDARIN ORANGES 10	SPINACH LASAGNA ITALIAN GREEN BEANS GREEN SALAD W/TOMATOES & CARROTS WW BREAD STICKS MIXED MELONS 11	HERB BAKED CHICKEN BROCCOLI CAULIFLOWER SEASONED PASTA SALAD BRAN MUFFIN TROPICAL FRUIT CUP 12	BIRTHDAY CELEBRATION!!! FRUIT JUICE SLICED ROAST BEEF MASHED POTATOES W/GRAVY 3-BEAN SALAD WW ROLL CAKE & ICE CREAM 13
FISH & CHIPS BROCCOLI & CAULIFLOWER BRAN MUFFIN WW/BREAD (1) TROPICAL FRUIT CUP 16	BEEF ENCHILADA W/WWFLOUR TORTILLAS MEXICAN CORN MIXED GREENS SALAD W/CARROTS & TOMATOES CORN CHIPS & SALSA CANTALOUPE 17	FRUIT JUICE BEEF TIPS OVER PASTA PEAS W/ONIONS CARROTS, RAISIN & PINEAPPLE SALAD WW ROLL 18	CHEF'S SALAD WITH TURKEY / HAM / LETTUCE/DICED HARD BOILED EGGS / CHEESE / TOMATOES & CUCUMBERS CROISSANT PEACHES CUP WW CRACKERS (6) 19	SWEET & SOUR PORK OVER BROWN RICE JAPANESE VEGETABLES MIXED GREENS SALAD W/TOMATO & CARROTS CHOW MEIN NOODLES PINEAPPLE BROWN BAG 20
CRAB CAKES W/LEMON BARLEY PILAF BROCCOLI MIXED GREENS SALAD W/CARROTS & TOMATO WW BREAD MIXED MELON  23	CHICKEN CACCIATORE OVER PASTA CORN GREEN SALAD W/CARROTS & TOMATOES BLACKBERRY CRISP W/OATS 24	LEMON PEPPER FISH W/TARTAR SAUCE BROCCOLI & CAULIFLOWER BROWN RICE SALAD W/CORN & BLUEBERRY SPINACH SALAD W/TOMATO WW BREAD STICKS PINEAPPLE 25	BBQ PULLED PORK ON A WW BUN BAKED BEANS COLESLAW WATERMELON 26	MEATLOAF W/GRAVY MASHED POTATOES MIXED GREEN SALAD W/TOMATOES & CARROTS BRAN MUFFIN WW BISCUIT HONEYDEW MELON 27
ITALIAN SPAGHETTI & MEAT SAUCE W/PARMESAN CHEESE ITALIAN MIXED VEGETABLES CAESAR SALAD W/CARROTS WW BREAD STICKS APPLE 30	PORK CHILI VERDE W/WW FLOUR TORTILLAS MEXICAN BROWN RICE LIMA BEANS MIXED GREEN SALAD W/CARROTS & TOMATOES PEAR CUP 31	For reservations, please call the Nutrition Line directly at: 742-7182 ☺		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