

COMMUNITY SERVICES—MARIPOSA SENIOR ACTIVITY CENTER

MEALS FOR FEBRUARY 2019

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>COUNTRY FRIED STEAK 1 W/GRAVY PARMESAN PASTA STEAMED CARROTS MIXED GREEN SALAD W/CARROTS & TOMATOES WW BISCUIT  PEACHES BINGO NITE BROWN BAG</p>
<p>ROASTED PORK W/GRAVY 4 BROWN RICE CORN SPINACH SALAD W/CARROTS & TOMATOES WW ROLL SLICED APPLES</p>	<p>CHEESE RAVIOLI 5 W/MARINARA SAUCE ITALIAN GREEN BEANS MIXED GREEN SALAD W/CARROTS & TOMATOES WW GARLIC BREAD PEAR CUP</p>	<p>CHINESE CHICKEN SALAD 6 W/LETTUCE, CABBAGE, & CHINESE NOODLES BABY CARROTS & OLIVES BRAN MUFFIN MANDARIN ORANGE SLICES WW CRACKERS (6)</p>	<p>HERB BAKED FISH 7 BROWN RICE BROCCOLI SPINACH SALAD W/CARROTS & TOMATOES ENRICHED BREADSTICKS PEARS</p>	<p>ITALIAN SPAGHETTI 8 & MEAT SAUCE W/PARMESAN CHEESE ITALIAN MIXED VEGETABLES MIXED GREEN SALAD W/CARROTS & CUCUMBERS WW GARLIC BREAD APPLE CRISP</p>
<p>FISH & CHIPS 11 BROCCOLI & CAULIFLOWER BRAN MUFFIN WW/BREAD (1) TROPICAL FRUIT CUP</p>	<p>ORANGE GLAZED CHICKEN 12 BROWN RICE PILAF PEAS & CARROTS MIXED GREEN SALAD W/CARROTS & TOMATOES WW ROLL BANANA</p>	<p>GINGER PORK PENNE 13 BAHAMA BLEND VEGETABLES SPINACH SALAD W/TOMATOES WW ROLL APPLE SAUCE</p>	<p>BEEF BURGUNDY 14 W/MUSHROOMS OVER NOODLES CAPRI BLEND VEGETABLES MIXED GREEN SALAD W/CARROTS & TOMATOES WW ROLL  PEARS</p>	<p>BIRTHDAY CELEBRATION!!! FRUIT JUICE 15 ROASTED CHICKEN POTATOES W/GRAVY 3 BEAN SALAD WW ROLL ICE CREAM & CAKE BROWN BAG</p>
<p>CLOSED PRESIDENTS' DAY 18</p> <div style="display: flex; justify-content: space-around;">   </div> <p><i>Lincoln</i> <i>Washington</i></p>				
<p>MILD GARLIC CHICKEN 25 BROWN RICE W/BARLEY ASIAN VEGETABLES MIXED GREEN SALAD W/CARROTS & TOMATOES CORN MUFFIN MIXED BERRIES</p>	<p>BEEF TIPS OVER NOODLES 26 GREEN BEANS CAESAR SALAD W/TOMATOES WW ROLL APRICOT CUP</p>	<p>TACO SALAD ON A 27 BED OF CORN TORTILLA CHIPS WITH PINTO BEANS LETTUCE, CHEESE, ONIONS, OLIVES, & SALSA MEXICAN BROWN RICE ORANGES</p>	<p>MEATLOAF 28 MASHED POTATOES W/GRAVY BRUSSELS SPROUTS WW BISCUIT CRANBERRY ORANGE MUFFIN MANDARIN ORANGE SLICES</p>	

PLEASE CALL FOR RESERVATIONS @ 742-7182 BEFORE 10:30 AM



= > 750 mg Sodium

FUNDED BY YOUR DONATIONS**AREA 12 AGENCY ON AGING****MARIPOSA COUNTY GENERAL FUND**
SUGGESTED SENIOR DONATION \$4.00-----NON-SENIOR FEE \$6.00