




**COMMUNITY SERVICES—MARIPOSA SENIOR ACTIVITY CENTER
MEALS FOR MAY 2019**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>For reservations, please call the nutrition line directly at: 742-7182 ☺</p>	<p>8 OUNCES OF 1% MILK Or Fat Free CHOCOLATE MILK OFFERED AT EACH MEAL</p>	<p>KITCHEN SINK™ SALAD 1 (COLBY-MONTEREY JACK CHEESE, CHOPPED HAM, TURKEY, CARROTS, CELERY, APPLE, PINEAPPLE), OVER MIXED GREENS LETTUCE MULTI GRAIN MUFFIN ORANGE WEDGES // W CRACKERS (6)</p>	<p>HERB BAKED FISH 2 BROWN RICE PACIFIC MIX VEGGIES MIXED GREENS SALAD W/CARROTS & TOMATOES WW BREAD STICKS APPLE SLICES</p>	<p>COUNTRY FRIED STEAK 3 W/GRAVY WHIPPED POTATOES GREEN BEANS WW BISCUIT CRANBERRY ORANGE MUFFIN BANANA BROWN BAG</p>
<p>BEEF TACO SALAD ON A BED OF CORN TORTILLA CHIPS WITH PINTO BEANS, LETTUCE, CHEESE ONIONS, OLIVES, & SALSA BROWN MEXICAN RICE SLICED APPLES 6</p>	<p>SPINACH LASAGNA 7 STEAMED CARROTS SPINACH SALAD W/ MANDARIN ORANGES WW GARLIC BREAD PEACHES & PEARS MIX</p>	<p>SWEET & SOUR PORK 8 OVER BROWN RICE JAPANESE VEGETABLES MIXED GREENS SALAD W/CARROTS & TOMATOES CHOW MEIN NOODLES TROPICAL FRUIT CUP</p>	<p>ORANGE GLAZED CHICKEN 9 BROWN RICE PILAF PEAS & CARROTS MIXED GREEN SALAD W/CARROTS & TOMATOES WW ROLL BANANA</p>	<p>SENIOR HEALTH FAIR & EXPO!! Lunch Served @ Fairgrounds ROAST BEEF W/GRAVY 10 3-BEAN SALAD BROCCOLI SALAD MULTIGRAIN MUFFIN CITRUS FRUIT CUP ASSORT. COOKIES</p>
<p>OPEN FACE BBQ BEEF 13 ON A WW BUN SEASONED POTATO WEDGES COLESLAW ORANGE WEDGES</p>	<p>STUFFED TOMATO TUNA 14 SALAD ON A BED OF LETTUCE CARROTS & CUCUMBERS MULTI GRAIN MUFFIN SLICED APPLES WW CRACKERS (6)</p>	<p>BEEF STROGANOFF 15 OVER NOODLES LIMA BEANS CAESAR SALAD W/TOMATO & CROUTONS WW ROLL STRAWBERRIES</p>	<p>CHEESEBURGER ON A 16 WW BUN W/LETTUCE & TOMATO, ONION POTATO SALAD PEAS & CARROTS MIXED MELON (WATERMELON & CANTALOUPE)</p>	<p>BIRTHDAY CELEBRATION!!! PORK ROAST W/GRAVY 17 MASHED POTATOES PEAS & CARROTS ENRICHED ROLL PINEAPPLE OATMEAL CAKE & ICE CREAM BROWN BAG</p>
<p>CRAB CAKES W/TARTAR SAUCE 20 BROWN RICE PILAF BROCCOLI MIXED GREENS SALAD W/CARROTS & TOMATOES WW BREAD BANANA </p>	<p>4 CHEESE BAKED ZITTI 21 CALIFORNIA BLEND CAESAR SALAD W/TOMATOES WW/BREAD STICKS PINEAPPLE CUP</p>	<p>BBQ CHICKEN 22 SEASONED PASTA GREEN BEANS MIXED GREEN SALAD W/CARROTS & TOMATOES WW BREAD MIXED BERRIES</p>	<p>PORK CHOPS W/GRAVY 23 OVER BROWN RICE PEAS MIXED GREENS W/TOMATO & CARROTS WW ROLL BANANA</p>	<p>BEEF ENCHILADAS 24 W/WW FLOUR TORTILLAS BROWN SPANISH RICE MEXICALI CORN MIXED GREENS SALAD W/CARROTS & TOMATO CITRUS FRUIT CUP</p>
<p>CLOSED MEMORIAL DAY 27 </p>	<p>CHIPOTLE FISH W/LEMON 28 BROWN RICE BROCCOLI GARDEN SALAD W/TOMATOES & CARROTS WW BREAD STICKS CITRUS FRUIT CUP</p>	<p>BAKED CHICKEN 29 W/TROPICAL SALSA BARLEY RISOTTO LIMA BEANS RAISIN & CARROT SALAD WW ROLL PEACHES & PEARS CUP</p>	<p>CHILI RELLENOS CASSEROLE 30 WBROWN RICE GREEN BEANS MIXED GREENS SALAD W/TOMATOES & CARROTS CORN MUFFIN ORANGE WEDGES</p>	<p>MEATLOAF 31 MASHED POTATOES W/GRAVY GARDEN SALAD W/TOMATO & CARROTS WW BISCUIT MULTI GRAIN MUFFIN MIXED BERRIES</p>

 = >750 mg Sodium

PLEASE CALL FOR RESERVATIONS @ 742-7182 BEFORE 10:30 AM—MEAL SERVICE 12:00 PM

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