


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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>For reservations, please call the nutrition line directly at: 742-7182 ☺</p>	<p align="center">CLOSED 1 FOR COUNTY HOLIDAY</p> 	<p>2 TURKEY POT PIE W/CRUST, PEAS, CARROTS, POTATOES GARDEN SALAD W/TOMATOES & CUCUMBERS WW BISCUIT PEACHES</p>	<p>3 PORK CHILI VERDE W/WW FLOUR TORTILLAS BROWN RICE LIMA BEANS MIXED GREEN SALAD W/CARROTS & TOMATOES TROPICAL FRUIT CUP</p>	<p>4 COUNTRY FRIED STEAK W/GRAVY WHIPPED POTATOES GREEN BEANS WW BISCUIT CRANBERRY ORANGE MUFFIN TROPICAL FRUIT BINGO NITE BROWN BAG</p>
<p>7 HERB BAKED FISH W/LEMON WEDGE SOUR CREAM POTATOES MIXED GREENS SALAD W/ CARROTS & TOMATOES WW BREAD (2) APPLE SLICES</p>	<p>8 SWEET & SOUR PORK OVER BROWN RICE JAPANESE VEGETABLES MIXED GREENS SALAD W/CARROTS CHOW MEIN NOODLES FORTUNE COOKIE MIXED BERRIES CUP</p>	<p>9 SPINACH LASAGNA STEAMED CARROTS MIXED GREENS SALAD W/TOMATOES & CARROTS WW GARLIC BREAD PEACHES & PEARS MIX</p>	<p>10 ORANGE GLAZED CHICKEN BROWN RICE PILAF CAPRI BLEND VEGETABLES GREEN SALAD W/CARROTS & TOMATOES CORN MUFFIN APRICOT CUP</p>	<p>11 ROASTED CHICKEN MASHED POTATOES W/GRAVY PEAS & CARROTS ENRICHED ROLL PEACH & APPLE CRISP W/OATS</p>
<p>14 CHILI RELLENOS CASSEROLE WBROWN RICE GREEN BEANS MIXED GREENS SALAD W/TOMATOES & CARROTS CORN MUFFIN TROPICAL FRUIT CUP</p>	<p>15 BEEF STROGANOFF OVER NOODLES LIMA BEANS CAESAR SALAD W/TOMATO & CROUTONS WW ROLL PEACHES</p>	<p>16 STUFFED TOMATO TUNA SALAD ON A BED OF LETTUCE TOMATOES & CUCUMBERS MULTI GRAIN MUFFIN SLICED APPLES WW CRACKERS (6)</p>	<p>17 CHICKEN PARMESAN W/SEASONED PASTA ITALIAN GREEN BEANS CARROT RAISIN SALAD MULTI GRAIN MUFFIN PEARS</p>	<p>BIRTHDAY CELEBRATION!!! 18 ROAST BEEF POTATOES W/GRAVY SPINACH SALAD W/CARROTS & TOMATOES WW BISCUIT ORANGE WEDGES CAKE & ICE CREAM BROWN BAG</p>
<p>21 CLOSED HONORING MARTIN LUTHER KING, JR.</p>	<p>22 MEATLOAF MASHED POTATOES W/GRAVY GARDEN SALAD W/TOMATOES & CARROTS WW BISCUIT MULTI GRAIN MUFFIN MIXED BERRIES CUP</p>	<p>23 BAKED CHICKEN W/TROPICAL SALSA BARLEY RISOTTO LIMA BEANS RAISIN & CARROT SALAD WW ROLL PEACHES & PEARS CRISP W/OATS</p>	<p>24 ITALIAN SPAGHETTI & MEAT SAUCE W/PARMESAN CHEESE ITALIAN MIXED VEGETABLES CAESAR SALAD W/CARROTS WW BREAD STICKS APPLESAUCE</p>	<p>25 BEEF ENCHILADAS W/WW FLOUR TORTILLAS MEXICALI CORN MIXED GREENS SALAD W/CARROTS & TOMATO MANDARIN ORANGES</p>
<p>28 BEEF TIPS OVER NOODLES CALIFORNIA MIX VEGGIES MIXED GREENS W/TOMATO & CARROTS WW ROLL BANANA</p>	<p>29 CHIPOTLE FISH W/LEMON BROWN RICE BROCCOLI GARDEN SALAD W/TOMATOES WW BREAD STICKS CITRUS FRUIT CUP</p>	<p>30 "KITCHEN SINK" SALAD (COLBY-MONTEREY JACK CHEESE, CHOPPED HAM, TURKEY, CARROTS, CELERY, APPLE, PINEAPPLE), OVER MIXED GREENS LETTUCE MULTI GRAIN MUFFIN WW CRACKERS (6) ORANGE WEDGES</p>	<p>31 MILD GARLIC CHICKEN BARLEY PILAF ASIAN VEGETABLE CHINESE GREEN SALAD W/TOMATOES WW ROLL PINEAPPLE CUP</p>	<p align="center">8 OUNCES OF MILK OFFERED AT EACH MEAL</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 GENERAL FUND

SUGGESTED SENIOR DONATION \$4.00 — NON-SENIOR FEE \$6.00