





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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SPINACH LASAGNA 3 BROCCOLI MIXED GREEN SALAD W/CARROTS & CUCUMBERS WW BREAD STICKS ORANGE WEDGES	PORK CHILI VERDE 4 W/WW FLOUR TORTILLAS BROWN SPANISH RICE LIMA BEANS MEXICAN GREEN SALAD W/TOMATOES PEAR CUP	SPAGHETTI & MEAT SAUCE 5 W/PARMESAN CHEESE GREEN BEANS MIXED GREEN SALAD W/CARROTS & CUCUMBERS WW GARLIC BREAD APRICOT CUP	HERB BAKED FISH 6 & LEMON WEDGE SOUR CREAM POTATOES STEAMED CARROTS WW BREAD STICKS FROG EYE SALAD W/PEACHES & BANANA	COUNTRY FRIED STEAK W/GRAVY 7 WHIPPED POTATOES SPINACH SALAD W/TOMATOES & CARROTS WW BISCUIT MULTI GRAIN MUFFIN STRAWBERRIES  BINGO NITE BROWN BAG
BEEF TIPS 10 OVER NOODLES CALIFORNIA MIX VEGGIES MIXED GREENS W/TOMATOES, CHICK PEAS & CARROTS WW ROLL/ORANGE WEDGES	ORANGE GLAZED CHICKEN 11 BROWN RICE PILAF CAPRI BLEND VEGETABLES GREEN SALAD W/CARROTS & TOMATOES WW ROLL PINEAPPLE	FISH & CHIPS 12 BROCCOLI & CAULIFLOWER BRAN MUFFIN WATERMELON CUBES WW CRACKERS (6)	MEATLOAF 13 WHIPPED POTATOES W/GRAVY GARDEN SALAD W/CARROTS & TOMATOES WW BISCUIT / MULTI GRAIN MUFFIN STRAWBERRIES	CHEESE RAVIOLI 14 W/MARINARA SAUCE 3- BEAN SALAD MIXED GREEN SALAD W/CARROTS & CUCUMBERS WW GARLIC BREAD PEAR CUP
LEMON BAKED FISH & 17 LEMON WEDGE BROWN RICE STEAMED CARROTS APPLE RAISIN COLESLAW WW ROLL PEACHES	BEEF ENCHILADAS 18 W/WWFLOUR TORTILLAS BROWN SPANISH RICE MEXICAN CORN GREEN SALAD W/CARROTS & CUCUMBERS TORTILLA CHIPS W/SALSA APPLE	CHICKEN CACCIATORE 19 OVER PASTA GREEN BEANS TOMATO & CUCUMBER SALAD WW BREAD STICKS CITRUS CUP	COLD TURKEY 20 SANDWICH ON A WW BUN W/LETTUCE & CRANBERRY SAUCE POTATO SALAD PEAS & CARROTS BANANA	BIRTHDAY CELEBRATION!!! 21 PORK ROAST W/GRAVY RED POTATOES ZUCCHINI WW ROLL ICE CREAM & CAKE ORANGE WEDGES BROWN BAG
REUBEN SANDWICH 24 ON RYE BREAD (2) W/SAUERKRAUT POTATO SALAD BANANA 	QUICHE LORRAINE 25 W/CRUST FRENCH PEAS CAESAR SALAD W/TOMATOES & CROUTONS WW ROLL CANTALOUPE & HONEY DEW MIX	BEEF BURGUNDY 26 W/MUSHROOMS OVER NOODLES CAPRI BLEND VEGETABLES MIXED GREEN SALAD W/CARROTS & TOMATOES WW ROLL TROPICAL FRUIT CUP	SWEET & SOUR PORK 27 BROWN RICE BROCCOLI & CAULIFLOWER MIXED GREEN SALAD W/CARROTS & TOMATOES CHOW MEIN NOODLES MANDARIN ORANGES FORTUNE COOKIE	SWEDISH MEATBALLS 28 W/MUSHROOM GRAVY BARLEY RISOTTO LIMA BEANS CARROT & RAISIN SALAD WW ROLL PEACHES & PEARS CUP
For reservations, please call the nutrition line directly at: 742-7182 😊	JUNE 16TH Happy Father's Day 	8 OUNCES OF 1% MILK <i>Or</i> Fat Free CHOCOLATE MILK OFFERED AT EACH MEAL		For reservations, please call the nutrition line directly at: 742-7182 😊

 = >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