

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p align="center">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>FISH TACOS 1 W/CHEESE, CABBAGE, ONIONS, OLIVES, & SALSA SPANISH BROWN RICE CARROT STICKS PINEAPPLE</p>	<p>PORK CHOPS W/GRAVY 2 STEAMED BROWN RICE PEAS & CARROTS SPINACH SALAD W/MANDARIN ORANGE SLICES WW BREAD BANANAS <i>BINGO NITE</i> <i>BROWN BAG</i></p>
<p>BAKED CHICKEN 5 W/TROPICAL SALSA BARLEY RISOTTO BROCCOLI CARROT & RAISIN SALAD WW ROLL PEACHES & PEARS CUP</p>	<p>ROAST BEEF 6 POTATOES W/GRAVY BRUSSEL SPROUTS WW BISCUIT CRANBERRY ORANGE MUFFIN MIXED MELON CUBES</p>	<p>LEMON-HERB CHICKEN 7 SEASONED PASTA CAPRI BLEND VEGETABLES LIMA BEANS WW BREAD MANDARIN ORANGE SLICES</p>	<p>CHINESE CHICKEN SALAD 8 W/LETTUCE, CABBAGE, MANDARIN ORANGES, & CHINESE NOODLES BABY CARROTS (raw) CRANBERRY ORANGE MUFFIN TROPICAL FRUIT CUP WW CRACKERS (6)</p>	<p>COUNTRY FRIED STEAK 9 W/GRAVY WHIPPED POTATOES BROCCOLI SALAD BRAN MUFFIN WW BISCUIT BANANA </p>
<p>MEATLOAF 12 MASHED POTATOES W/GRAVY GARDEN SALAD W/ CARROTS & TOMATOES BRAN MUFFIN WW BREAD (1) APPLE</p>	<p>BEEF TIPS OVER NOODLES 13 CALIFORNIA MIX VEGGIES MIXED GREENS W/TOMATO & CARROTS WW ROLL MIXED BERRIES CUP</p>	<p>INDIAN TACOS ON FLAT 14 BREAD WITH PINTO BEANS, BEEF, LETTUCE, CHEESE, TOMATOES, ONIONS, OLIVES & SALSA CARROT STICKS ORANGE WEDGES  WW CRACKERS (6)</p>	<p>ORANGE GLAZED CHICKEN 15 BROWN RICE & QUINOA CAPRI BLEND VEGETABLES GREEN SALAD W/CARROTS & TOMATOES WW ROLL MIXED MELON CUBES</p>	<p align="center">BIRTHDAY CELEBRATION!!!</p> <p>ROASTED CHICKEN 16 POTATOES W/GRAVY 3 BEAN SALAD WW ROLL ICE CREAM & CAKE PINEAPPLE CUP <i>BROWN BAG</i></p>
<p>SEASONED TALIPIA & LEMON 19 BARLEY PILAF CALIFORNIA MIX VEGGIES MIXED GREENS SALAD W/TOMATOES & CARROTS WW BREAD MIXED BERRIES</p>	<p>SPINACH & CHEESE LASAGNA 20 MEDITERRANEAN BLEND VEGGIES GREEN SALAD W/CARROTS, TOMATOES & CUCUMBERS WW GARLIC BREAD /APRICOT CUP</p>	<p>CHICKEN SALAD ON A BED 21 OF MIXED GREENS, W/TOMATOES & CUCUMBERS CARROT STICKS WW ROLL CITRUS CUP WW CRACKERS (6)</p>	<p>CHEESBURGER ON A WW BUN 22 LETTUCE, TOMATO, ONION W/ KETCHUP/MUSTARD/MAYO SEASONED POTATO WEDGES HONEYDEW MELON CUBES</p>	<p>PORK CHILI VERDE 23 W/WW FLOUR TORTILLAS BROWN SPANISH RICE LIMA BEANS MEXICAN GREEN SALAD W/TOMATOES PEAR CUP</p>
<p>SPAGHETTI WITH MEAT SAUCE 26 ITALIAN GREEN BEANS WATERMELON, CUCUMBER & FETA CHEESE SALAD GARLIC BREAD PEACHES & PEARS CUP</p>	<p>PORK ROAST W/GRAVY 27 BROWN RICE CORN SPINACH SALAD W/CRAINRAISINS WW ROLL APPLESAUCE</p>	<p>FISH & CHIPS & LEMON WEDGE 28 BARLEY PILAF BROCCOLI & CAULIFLOWER BRAN MUFFIN WATERMELON CUBES</p>	<p>FRUIT JUICE 29 KITCHEN SINK™ SALAD (COLBY-MONTEREY JACK CHEESE, CHOPPED HAM, TURKEY, CARROTS, CELERY, APPLE, PINEAPPLE), OVER MIXED GREENS LETTUCE MULTI GRAIN MUFFIN WW CRACKERS (6)</p>	<p>GINGER PORK PENNE 30 CAPRI BLEND VEGETABLES MIXED GREENS SALAD W/TOMATOES, CUCUMBERS & CARROTS WW BISCUIT PEACH CRISP W/OATS</p>

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



= >750 mg Sodium

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