





**COMMUNITY SERVICES—MARIPOSA SENIOR ACTIVITY CENTER
MEALS FOR NOVEMBER 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 <i>Or</i> Fat Free CHOCOLATE MILK OFFERED AT EACH MEAL</p>		<p>BELL PEPPER CASSEROLE 1 W/BROWN RICE & CHEESE LIMA BEANS MIXED GREEN SALAD W/CARROTS ORANGE CRANBERRY MUFFIN BANANA BINGO NITE BROWN BAG</p>
<p>PORK CHOP W/GRAVY 4 BROWN RICE CALIFORNIA BLEND VEGGIES TOSSED MIXED GREENS W/CARROTS & TOMATOES MULTI-GRAIN MUFFIN APPLE SLICES</p>	<p>ROAST BEEF 5 POTATOES W/GRAVY SPINACH SALAD W/MANDRIN ORANGES WW BISCUIT FRUIT MUFFIN PEACHES</p>	<p>CHINESE CHICKEN SALAD 6 W/LETTUCE, CABBAGE, MANDARIN ORANGES, & CHINESE NOODLES BABY CARROTS & OLIVES BRAN MUFFIN TROPICAL FRUIT CUP</p>	<p>BEEF ENCHILADAS 7 W/WWFLOUR TORTILLAS MEXICAN BROWN RICE MEXICALI CORN GREEN SALAD W/CARROTS & TOMATOES ORANGE WEDGES</p>	<p>COUNTRY FRIED STEAK 8 WHIPPED POTATOES W/GRAVY GARDEN SALAD W/TOMATO & CARROTS WW BISCUIT WW BREAD (1) APRICOT CUP </p>
<p>CLOSED 11 VETERANS' DAY </p>	<p>SPINACH LASAGNA 12 PACIFIC BLEND VEGGIES CAESAR SALAD W/TOMATO & CROUTONS WW GARLIC BREAD MIXED BERRIES CUP</p>	<p>SALSBURY STEAK 13 NOODLES W/GRAVY BRUSSEL SPROUTS TOMATO, CUCUMBER SALAD WW BREAD PEACHES & PEARS CUP</p>	<p>SEASONED TALPIA 14 BROWN RICE CALIFORNIA MIX VEGGIES SPINACH SALAD W/TOMATO BRAN MUFFIN CITRUS CUP</p>	<p>BIRTHDAY CELEBRATION!!! PORK ROAST W/GRAVY 15 POTATOES W/GRAVY GREEN BEANS WW ROLL APPLESAUCE ICE CREAM & CAKE BROWN BAG</p>
<p>CHICKEN BASIL SALAD 18 ON A BED OF LETTUCE W/TOMATOES BABY CARROTS & OLIVES BRAN MUFFIN APPLE WW CRACKERS (6)</p>	<p>MEATLOAF W/GRAVY 19 BARLEY RISOTTO GARDEN SALAD W/TOMATOES BRUSSELS SPROUTS WW BISCUIT TROPICAL FRUIT CUP</p>	<p>ORANGE GLAZED CHICKEN 20 BROWN RICE CAPRI BLEND VEGETABLES GREEN SALAD W/CARROTS & TOMATOES WW ROLL PINEAPPLE CUP</p>	<p>MOROCCAN STEW 21 BROWN RICE MIXED GREENS W/TOMATOES, CARROTS & CHICK PEAS WW ROLL APRICOT CUP</p>	<p>CHILI RELLENOS CASSEROLE 22 BROWN RICE GREEN BEANS MIXED GREEN SALAD W/TOMATOES & CARROTS WW ROLL STRAWBERRIES CUP</p>
<p>BAKED FISH W/LEMON 25 BARLEY PILAF BROCCOLI & CAULIFLOWER SPINACH SALAD W/TOMATO & CARROTS MULTI GRAIN MUFFIN TROPICAL FRUIT CUP</p>	<p>BEEF TACO SALAD ON A 26 BED OF CORN TORTILLA CHIPS WITH PINTO BEANS LETTUCE, CHEESE, ONIONS, OLIVES, & SALSA MEXICAN BROWN RICE PEACHES CUP</p>	<p>TURKEY W/STUFFING 27 & CRANBERRY SAUCE MASHED POTATOES W/ GRAVY PEAS & CARROTS AMBROSIA FRUIT SALAD WW ROLL </p>	<p>CLOSED— 28 HAPPY THANKSGIVING! </p>	<p>CLOSED— 29 HAVE A WONDERFUL HOLIDAY WITH FAMILY & FRIENDS</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