

COMMUNITY SERVICES—MARIPOSA SENIOR ACTIVITY CENTER

MEALS FOR NOVEMBER 2016

Nutrient of the Month—Nutrient of the Month is Selenium

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
For reservations, please call the nutrition line directly at: 742-7182	CHILI RELLENOS 1 CASSEROLE BROWN RICE W/BARLEY MIXED GREEN SALAD W/TOMATO & CARROTS WW ROLL STRAWBERRIES CUP	ITALIAN SAUSAGE W/ GARDEN PASTA 2 GREEN BEANS SPINACH & CUCUMBER SALAD W/TOMATOES WW BREAD STICK MANDARIN ORANGES	BAKED CHICKEN 3 W/TROPICAL SALSA BARLEY RISOTTO GREEN SALAD W/CARROTS & TOMATOES WW ROLL PEACHES & PEARS CUP	BELL PEPPER CASSEROLE 4 W/BROWN RICE & CHEESE LIMA BEANS MIXED GREEN SALAD W/CARROTS WW BISCUIT VANILLA PUDDING W/BANANAS <u>BINGO NITE</u> <u>BROWN BAG</u>
MACARONI & BEEF 7 CASSEROLE PEAS & CARROTS TOSSED MIXED GREENS W/CARROTS & TOMATOES WW ROLL APRICOT CUP	COUNTRY FRIED 8 CHICKEN W/GRAVY MASHED POTATOES BRUSSEL SPROUTS BUCKWHEAT GARDEN SALAD W/TOMATOES WW BISCUIT PEAR CUP	BEEF ENCHILADAS 9 MEXICALI CORN CUCUMBER & TOMATOES MEXICAN BROWN RICE MULTI GRAIN MUFFIN JELLO W/FRUIT COCKTAIL & PEACHES	CHINESE CHICKEN SALAD 10 W/LETTUCE, CABBAGE, MANDARIN ORANGES, & CHINESE NOODLES BABY CARROTS & OLIVES BRAN MUFFIN TROPICAL FRUIT CUP	CLOSED 11 VETERANS' DAY 
COUNTRY FRIED STEAK 14 W/GRAVY WHIPPED POTATOES CAPRI BLEND VEGETABLES GARDEN SALAD W/TOMATO WW BISCUIT PEACHES	SPINACH LASAGNA 15 PACIFIC BLEND VEGGIES GREEN SALAD W/CARROTS WW GARLIC BREAD APRICOT CUP	SALSBURY STEAK 16 MASHED POTATOES W/GRAVY BRUSSEL SPROUTS TOMATO & CUCUMBER SALAD WW BREAD PEACHES & PEARS CUP	SEASONED TALIPIA 17 BROWN RICE & BARLEY CALIFORNIA MIX VEGGIES SPINACH & CUCUMBER SALAD BRAN MUFFIN STRAWBERRIES CUP	<u>BIRTHDAY CELEBRATION!!!</u> FRUIT JUICE 18 PORK ROAST W/GRAVY POTATOES W/GRAVY GREEN BEANS WW ROLL ICE CREAM & CAKE <u>BROWN BAG</u>
MEATLOAF W/GRAVY 21 TATER TOT CASSEROLE BUCKWHEAT GARDEN SALAD W/TOMATOES BRUSSELS SPROUTS WW BISCUIT TROPICAL FRUIT CUP	CHICKEN BASIL & BARLEY 22 SALAD ON A BED OF LETTUCE W/TOMATOES BABY CARROTS & OLIVES BRAN MUFFIN APPLE	TURKEY W/STUFFING 23 & CRANBERRY SAUCE MASHED POTATOES W/ GRAVY 3-BEAN SALAD PEAS & CARROTS AMBROSIA FRUIT SALAD WW ROLL & MISC. PIES 	CLOSED— 24 HAPPY THANKSGIVING!! 	CLOSED— 25 HAVE A WONDERFUL HOLIDAY WITH FAMILY & FRIENDS
BEEF TACO SALAD ON A 28 BED OF CORN TORTILLA CHIPS WITH PINTO BEANS LETTUCE, CHEESE ONIONS, OLIVES, & SALSA MEXICAN BROWN RICE SLICED APPLES	SEASONED TALIPIA 29 BROWN RICE & BARLEY CALIFORNIA MIX VEGGIES SPINACH SALAD W/CRAINRAISINS WW ROLL MIXED BERRIES CUP	BEEF TIPS 30 OVER NOODLES CALIFORNIA MIX VEGGIES MIXED GREENS W/TOMATOES, CHICK PEAS, & CARROTS WW ROLL ORANGE WEDGES	8 OUNCES OF MILK OFFERED AT EACH MEAL	



= > 1000 mg Sodium

PLEASE CALL FOR RESERVATIONS @ 742-7182 BEFORE 10:30 AM & CHECK-IN AT NOON

FUNDED BY YOUR DONATIONS*****AREA 12 AGENCY ON AGING*****MARIPOSA COUNTY GENERAL FUND

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