

COMMUNITY SERVICES—MARIPOSA SENIOR ACTIVITY CENTER

MEALS FOR DECEMBER 2016

Nutrient of the Month – Vitamin E

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p align="center">For reservations, please call the nutrition line directly at: 742-7182 ☺</p>		<p align="center">8 OUNCES OF MILK OFFERED AT EACH MEAL</p>	<p>OPEN-FACED HOT TURKEY SANDWICH ON WW BREAD POTATOES W/GRAVY CRANBERRY SAUCE CORN CARROT, APPLE & RAISIN SALAD</p> <p align="right">1 </p>	<p>MEATLOAF W/GRAVY MASHED POTATOES LIMA BEANS TOSSED SALAD W/TOMATO WW ROLL APPLE CRISP W/OATS BINGO NITE BROWN BAG</p> <p align="right">2</p>
<p>SPAGHETTI PIE CASEROLE W/CHEESE ITALIAN MIXED VEGETABLES TOSSED SALAD W/CARROTS WW BREAD STICK TROPICAL FRUIT CUP</p> <p align="right">5</p>	<p>SWEET & SOUR PORK OVER BROWN RICE JAPANESE VEGETABLES SPINACH SALAD CHOW MEIN NOODLES FORTUNE COOKIE PINEAPPLE</p> <p align="right">6</p>	<p>OVEN BAKED FISH W/LEMON WEDGE SOUR CREAM POTATOES BRUSSELS SPROUTS MIXED GREEN SALAD WW BREAD MANDARIN ORANGE SLICES</p> <p align="right">7</p>	<p>SPINACH LASAGNA ITALIAN GREEN BEANS GREEN SALAD W/CARROTS WW GARLIC BREAD PEACHES & PEARS CUP</p> <p align="right">8</p>	<p align="center">BIRTHDAY CELEBRATION!!!</p> <p>FRUIT JUICE ROAST BEEF RED POTATOES W/GRAVY BROCCOLI & CAULIFLOWER WW ROLL CAKE & ICE CREAM</p> <p align="right">9</p>
<p>GINGER PORK PENNE CALIFORNIA BLEND VEGETABLES GREEN SALAD W/TOMATO WW BREAD STICKS ORANGE WEDGES</p> <p align="right">12</p>	<p>BEEF ENCHILADA MEXICALI CORN BROCCOLI & CAULIFLOWER CORN CHIPS & SALSA APPLE & PEACH CRISP W/OATS</p> <p align="right">13</p>	<p>CHEESE RAVIOLI W/MARINARA SAUCE ITALIAN GREEN BEANS GREEN SALAD W/CARROT WW BREAD STICKS PEARS</p> <p align="right">14</p>	<p>BEEF TIPS OVER NOODLES CALIFORNIA MIX VEGGIES CAESAR SALAD W/TOMATO WW ROLL APRICOT CUP</p> <p align="right">15</p>	<p>SMOTHERED CHICKEN OVER BROWN RICE CORN MIXED GREEN SALAD W/TOMATOES WW BISCUIT PEACHES CUP BROWN BAG</p> <p align="right">16</p>
<p>MILD GARLIC CHICKEN BROWN RICE ASIAN VEGETABLES CHINESE GREEN SALAD CHOW MEIN NOODLES MANDARIN ORANGE SLICES</p> <p align="right">19</p>	<p>COUNTRY FRIED STEAK MASHED POTATOES W/GRAVY BROCCOLI & CAULIFLOWER SPINACH SALAD WW DINNER ROLL PEACH CRISP W/OATS</p> <p align="right">20</p>	<p>PORK CHILI VERDE W/FLOUR TORTILLAS BROWN RICE LIMA BEANS MEXICAN GREEN SALAD W/TOMATO PEAR CUP</p> <p align="right">21</p>	<p>FRUIT JUICE FISH & CHIPS (potato wedges) W/LEMON WEDGE GREEN BEAN CASSEROLE SPINACH SALAD W/ MANDARIN ORANGES MULTI GRAIN MUFFIN</p> <p align="right">22</p>	<p>BAKED HAM W/GLAZE SAUCE YAMS PEAS & CARROTS MIXED GREENS SALAD W/TOMATO WW ROLL FRUIT PIES </p> <p align="right">23</p>
<p align="center">CLOSED FOR COUNTY'S CHRISTMAS HOLIDAY</p>  <p align="right">26</p>	<p>PORK CHOPS AU GRATIN POTATOES PEAS GREEN SALAD W/TOMATOES BRAN MUFFIN APPLESAUCE</p> <p align="right">27</p>	<p>ROAST BEEF WHIPPED POTATOES W/GRAVY SEASONED GREEN BEAN MIXED GREEN SALAD W/CARROTS WW BREAD MIXED BERRIES</p> <p align="right">28</p>	<p>COUNTRY FRIED CHICKEN MASHED POTATOES W/GRAVY BRUSSELS SPROUTS CARROT, APPLE & RAISIN SALAD WW BISCUIT PINEAPPLE</p> <p align="right">29</p>	<p>FRUIT JUICE BEEF BURGUNDY W/MUSHROOMS OVER RED POTATOES BROCCOLI & CAULIFLOWER GARDEN SALAD WW ROLL</p> <p align="right">30</p>



= > 1000 mg Sodium

PLEASE CALL FOR RESERVATIONS @ 742-7182 BEFORE 10:30 AM

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

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