
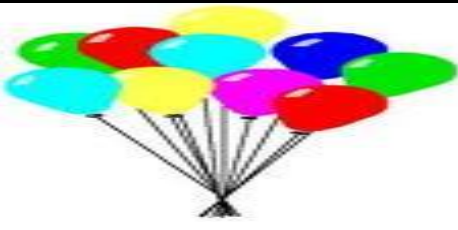



COMMUNITY SERVICES—MARIPOSA SENIOR ACTIVITY CENTER
MEALS FOR SEPTEMBER 2017 Nutrient of the Month—Potassium

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>For reservations, please call the nutrition line directly at: 742-7182</p>		<p>8 OUNCES OF MILK OFFERED AT EACH MEAL</p>		<p>CHICKEN POT PIE 1 BROCCOLI MIXED GREENS SALAD W/TOMATO WW BREAD FROG EYE SALAD PINEAPPLE CUP</p> <p align="right">BROWN BAG</p>
<p>CLOSED FOR 4</p> <p align="center">LABOR DAY</p>	<p>SPAGHETTI WITH MEAT SAUCE 5 ITALIAN GREEN BEANS WATERMELON, CUCUMBER & FETA CHEESE SALAD WW BREAD STICKS PEARS CUP</p>	<p>CRAB CAKES W/TARTAR SAUCE 6 BROWN RICE PILAF BROCCOLI CAESAR SALAD W/TOMATO WW BREAD ORANGE WEDGES</p>	<p>CHICKEN PARMESAN 7 SEASONED PASTA BRUSSEL SPROUTS SPINACH SALAD W/ MANDARIN ORANGE SLICES WW BREAD TROPICAL FRUIT CUP</p>	<p align="center">BIRTHDAY CELEBRATION!!!</p> <p>FRUIT JUICE 8 ROAST BEEF MASHED POTATOES W/GRAVY CUCUMBER & TOMATO SALAD WW ROLL CAKE & ICE CREAM</p> <p align="center">BINGO NITE</p>
<p>OVEN ROASTED CHICKEN 11 BARLEY RISOTTO BROCCOLI & CAULIFLOWER GREEN SALAD W/TOMATOES & CARROTS WW ROLL APPLE SLICES</p>	<p>MEATLOAF W/GRAVY 12 MASHED POTATOES PEAS & CARROTS BRAN MUFFIN WW BREAD CANTALOUPE</p>	<p>BEEF BURGUNDY 13 W/MUSHROOMS OVER NOODLES LIMA BEAN CAESAR SALAD W/CROUTONS WW ROLL ORANGE WEDGES</p>	<p>COLD <u>TURKEY</u> SANDWICH 14 ON A WW ROLL W/LETTUCE, TOMATO & CRANBERRY SAUCE POTATO SALAD TOMATO & CUCUMBER HONEYDEW & CANTALOUPE</p> 	<p>FRUIT JUICE 15 CHEESE RAVIOLI W/MARINARA SAUCE ITALIAN GREEN BEANS TOSSED GREEN SALAD W/TOMATOES & CARROTS WW GARLIC BREAD</p> <p align="right">BROWN BAG</p>
<p>ENCHILADA CASSEROLE 18 W/CHEESE MEXICAN CORN GREEN SALAD W/CARROTS TORTILLA CHIPS W/SALSA APPLE CRISP</p>	<p>COUNTRY FRIED CHICKEN 19 POTATOES W/GRAVY PEAS GREEN SALAD W/CARROTS & TOMATOES FRUIT MUFFIN WW BISCUIT STRAWBERRIES CUP</p>	<p>FRUIT JUICE 20 KITCHEN SINK™ SALAD (COLBY-MONTEREY JACK CHEESE, APPLE, CHOPPED HAM, TURKEY, CELERY CARROTS, , PINEAPPLE), OVER MIXED GREENS LETTUCE MULTI GRAIN MUFFIN WW CRACKERS (6)</p>	<p>MILD GARLIC CHICKEN 21 BROWN RICE W/BARLEY ASIAN VEGETABLES CHINESE GREEN SALAD WW MUFFIN MIXED BERRIES</p>	<p>SWISS STEAK 22 MASHED POTATOES W/GRAVY SEASONED GREEN BEANS GREEN SALAD W/TOMATOES & CARROTS BRAN MUFFIN WW BREAD MANDARIN ORANGE SLICES</p>
<p>BAKED FISH W/LEMON 25 BARLEY PILAF BROCCOLI & CAULIFLOWER SPINACH SALAD W/TOMATO MULTI GRAIN MUFFIN TROPICAL FRUIT CUP</p>	<p>BEEF TIPS OVER PASTA 26 PEAS W/ONIONS CARROTS, RAISIN & PINEAPPLE SALAD WW BREAD HONEYDEW & CANTALOUPE</p>	<p>PORK CHOPS W/GRAVY 27 RED POTATOES CALIF. BLEND VEGETABLES WW ROLL PEACH CRISP W/OATS</p>	<p>CHEESE & SPINACH LASAGNA 28 ITALIAN GREEN BEANS GREEN SALAD W/TOMATO & CARROTS WW BREAD STICKS APPLE SLICES</p>	<p>CHICKEN BASIL SALAD ON 29 A BED OF LETTUCE W/TOMATOES BABY CARROTS & OLIVES BRAN MUFFIN WW CRACKERS (6 ea) WATERMELON CUBES</p>



= >750 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