

# COMMUNITY SERVICES—MARIPOSA SENIOR ACTIVITY CENTER

## MEALS FOR May 2018

*Nutrient of the Month — Manganese*

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>For reservations, please call the nutrition line directly at: 742-7182 ☺</b>	BBQ CHICKEN <span style="float: right;">1</span> SEASONED PASTA GREEN BEANS MIXED GREEN SALAD W/CARROTS & TOMATOES WW BREAD MIXED BERRIES	FRUIT JUICE <span style="float: right;">2</span> KITCHEN SINK™ SALAD (COLBY- MONTEREY JACK CHEESE, CHOPPED HAM, TURKEY, CARROTS, CELERY, APPLE, PINEAPPLE), OVER MIXED GREENS LETTUCE MULTI GRAIN MUFFIN WW CRACKERS (6)	HERB BAKED FISH <span style="float: right;">3</span> BROWN RICE PACIFIC MIX VEGGIES MIXED GREENS SALAD W/CARROTS & TOMATOES WW BREAD STICKS APPLE & ORANGE SLICES	COUNTRY FRIED STEAK <span style="float: right;">4</span> W/GRAVY WHIPPED POTATOES GREEN BEANS WW BISCUIT CRANBERRY ORANGE MUFFIN BANANA <i>BINGO NITE / BROWN BAG</i>
BEEF TACO SALAD ON A <span style="float: right;">7</span> BED OF CORN TORTILLA CHIPS WITH PINTO BEANS, LETTUCE, CHEESE ONIONS, OLIVES, & SALSA BROWN MEXICAN RICE SLICED APPLES	SPINACH LASAGNA <span style="float: right;">8</span> STEAMED CARROTS SPINACH SALAD W/ MANDARIN ORANGES WW GARLIC BREAD PEACHES & PEARS MIX	SWEET & SOUR PORK <span style="float: right;">9</span> OVER BROWN RICE JAPANESE VEGETABLES MIXED GREENS SALAD W/CARROTS & TOMATOES CHOW MEIN NOODLES / FORTUNE COOKIE TROPICAL FRUIT	CHICKEN PARMESAN <span style="float: right;">10</span> SEASONED PASTA ITALIAN GREEN BEANS CARROT RAISIN SALAD WW ROLL PEARS	<b>SENIOR HEALTH FAIR &amp; EXPO!!</b> <b>Lunch Served @ Fairgrounds</b> ROAST BEEF W/GRAVY <span style="float: right;">11</span> 3-BEAN SALAD BROCCOLI SALAD WQUINOA MULTIGRAIN MUFFIN TROPICAL FRUIT CUP ASSORT. COOKIES
OPEN FACE BBQ BEEF <span style="float: right;">14</span> ON A WW BUN SEASONED POTATO WEDGES COLESLAW ORANGE WEDGES	STUFFED TOMATO TUNA <span style="float: right;">15</span> SALAD ON A BED OF LETTUCE TOMATOES & CUCUMBERS MULTI GRAIN MUFFIN SLICED APPLES WW CRACKERS (6)	BEEF STROGANOFF <span style="float: right;">16</span> OVER NOODLES LIMA BEANS CAESAR SALAD W/TOMATO & CROUTONS WW ROLL STRAWBERRIES	CHEESEBURGER ON A <span style="float: right;">17</span> WW BUN W/LETTUCE & TOMATO, ONION POTATO SALAD PEAS & CARROTS MIXED MELON	<b>BIRTHDAY CELEBRATION!!!</b> FRUIT JUICE <span style="float: right;">18</span> PORK ROAST W/GRAVY MASHED POTATOES PEAS & CARROTS ENRICHED ROLL OATMEAL CAKE & ICE CREAM <i>BROWN BAG</i>
CRAB CAKES <span style="float: right;">21</span> W/TARTAR SAUCE BROWN RICE PILAF BROCCOLI CAESAR SALAD W/TOMATO WW BREAD BANANA	4 CHEESE BAKED ZITTI <span style="float: right;">22</span> CALIFORNIA BLEND CAESAR SALAD WW/BREAD STICKS PINEAPPLE CUP	FRUIT JUICE <span style="float: right;">23</span> MEATLOAF MASHED POTATOES W/GRAVY GARDEN SALAD W/TOMATO WW BISCUIT MULTI GRAIN MUFFIN	PORK CHOPS W/GRAVY <span style="float: right;">24</span> OVER BROWN RICE CALIFORNIA MIX VEGGIES MIXED GREENS W/TOMATO & CARROTS WW ROLL BANANA	BEEF ENCHILADAS <span style="float: right;">25</span> W/WW FLOUR TORTILLAS MEXICALI CORN MIXED GREENS SALAD W/CARROTS & TOMATOES MANDARIN ORANGES
<b>CLOSED—MEMORIAL DAY</b> <span style="float: right;">28</span> 	CHIPOTLE FISH W/LEMON <span style="float: right;">29</span> BROWN RICE BROCCOLI GARDEN SALAD W/TOMATOES WW BREAD STICKS CITRUS FRUIT CUP	BAKED CHICKEN <span style="float: right;">30</span> W/TROPICAL SALSA BARLEY RISOTTO LIMA BEANS RAISIN & CARROT SALAD WW ROLL PEACHES & PEARS CUP	CHILI RELLENOS CASSEROLE <span style="float: right;">31</span> WBROWN RICE GREEN BEANS MIXED GREENS SALAD W/TOMATOES & CARROTS CORN MUFFIN ORANGE WEDGES	<b>8 OUNCES OF MILK OFFERED AT EACH MEAL</b>



= >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