





**COMMUNITY SERVICES—MARIPOSA SENIOR ACTIVITY CENTER  
MEALS FOR AUGUST 2018**

| MONDAY   | TUESDAY   | WEDNESDAY   | THURSDAY   | FRIDAY   |
|--|---|---|--|--|
| <p><b>For reservations, please call the nutrition line directly at: 742-7182</b></p> <p><b>8 OUNCES OF MILK OFFERED AT EACH MEAL</b></p>       |   | SPINACH & CHEESE 1<br>LASAGNA<br>MEDITERRANEAN BLEND VEGGIES<br>GREEN SALAD W/CARROTS & CUCUMBERS<br>WW GARLIC BREAD<br>APRICOT CUP   | FISH TACOS W/CORN 2<br>TORTILLAS, CHEESE, CABBAGE, ONIONS, OLIVES, & SALSA<br>MEXICAN BROWN RICE<br>CARROT STICKS<br>PINEAPPLE   | PORK CHOPS W/GRAVY 3<br>STEAMED BROWN RICE<br>PEAS & CARROTS<br>SPINACH SALAD W/MANDARIN ORANGE SLICES<br>WW BREAD<br>VANILLA PUDDING W/BANANAS<br><b>BINGO NITE</b> <span style="float:right"><b>BROWN BAG</b></span> |
| BAKED CHICKEN 6<br>W/TROPICAL SALSA<br>BARLEY RISOTTO<br>BROCCOLI<br>RAISIN & CARROT SALAD<br>WW ROLL<br>PEACHES & PEARS CUP                   | ROAST BEEF 7<br>POTATOES W/GRAVY<br>BRUSSEL SPROUTS<br>WW BISCUIT<br>CRANBERRY ORANGE MUFFIN<br>ORANGE WEDGES                     | INDIAN TACOS ON FLAT BREAD WITH PINTO BEANS, BEEF, LETTUCE, CHEESE, TOMATOES, ONIONS, OLIVES & SALSA 8<br>CARROT STICKS<br>ORANGE WEDGES<br>WW CRACKERS (6)  | CHINESE CHICKEN SALAD 9<br>W/LETTUCE, CABBAGE, MANDARIN ORANGES, & CHINESE NOODLES<br>BABY CARROTS<br>CRANBERRY ORANGE MUFFIN<br>TROPICAL FRUIT CUP<br>WW CRACKERS (6)                       | <b>BIRTHDAY CELEBRATION!!!</b><br>FRUIT JUICE 10<br>ROASTED CHICKEN<br>POTATOES W/GRAVY<br>3 BEAN SALAD<br>WW ROLL<br>ICE CREAM & CAKE   |
| MEATLOAF 13<br>MASHED POTATOES W/GRAVY<br>GARDEN SALAD W/ CARROTS & TOMATOES<br>BRAN MUFFIN<br>WW BREAD (1)<br>APPLE                           | BEEF TIPS OVER NOODLES 14<br>CALIFORNIA MIX VEGGIES<br>MIXED GREENS W/TOMATO & CARROTS<br>WW ROLL<br>MIXED BERRIES CUP            | LEMON-HERB CHICKEN 15<br>SEASONED PASTA<br>CAPRI BLEND VEGETABLES<br>LIMA BEANS<br>WW BREAD<br>MANDARIN ORANGE SLICES   | ORANGE GLAZED CHICKEN 16<br>BROWN RICE & QUINOA<br>CAPRI BLEND VEGETABLES<br>GREEN SALAD W/CARROTS & TOMATOES<br>WW ROLL<br>MIXED MELON CUBES  | GINGER PORK PENNE 17<br>PEAS & CARROTS<br>GREEN SALAD W/TOMATO & CARROTS & CUCUMBERS<br>WW ROLL<br>PINEAPPLE<br><span style="float:right"><b>BROWN BAG</b></span>  |
| FRUIT JUICE 20<br>SEASONED TALIPIA & LEMON<br>BARLEY PILAF<br>CALIFORNIA MIX VEGGIES<br>MIXED GREENS SALAD<br>W/TOMATOES & CARROTS<br>WW BREAD | CHEESE RAVIOLI 21<br>W/MARINARA SAUCE<br>ITALIAN GREEN BEANS<br>TOSSED GREEN SALAD<br>W/CARROTS & CUCUMBERS<br>WW BREAD<br>BANANA | SOUTHWEST BLACK BEAN & CORN PASTA SALAD 22<br>SLICED TOMATOES<br>CARROT STICKS<br>WW BREAD STICKS<br>CITRUS CUP   | CHEESBURGER ON A WW BUN 23<br>LETTUCE, TOMATO, ONION W/ KETCHUP/MUSTARD/MAYO<br>SEASONED POTATO WEDGES<br>HONEYDEW MELON CUBES   | COUNTRY FRIED CHICKEN 24<br>W/GRAVY<br>WHIPPED POTATOES<br>CAPRI BLEND VEGETABLES<br>WW BISCUIT<br>PEACH CRISP W/OATS             |
| SPAGHETTI WITH MEAT SAUCE 27<br>ITALIAN GREEN BEANS<br>WATERMELON, CUCUMBER & FETA CHEESE SALAD<br>GARLIC BREAD<br>PEACHES & PEARS CUP         | PORK ROAST W/GRAVY 28<br>BROWN RICE<br>CORN<br>SPINACH SALAD W/CRAINRAISINS<br>WW ROLL<br>PINEAPPLE CUP                           | FISH & CHIPS 29<br>& LEMON WEDGE<br>BARLEY PILAF<br>BROCCOLI & CAULIFLOWER<br>BRAN MUFFIN<br>WATERMELON CUBES   | FRUIT JUICE 30<br>KITCHEN SINK" SALAD (COLBY-MONTEREY JACK CHEESE, CHOPPED HAM, TURKEY, CARROTS, CELERY, APPLE, PINEAPPLE), OVER MIXED GREENS LETTUCE<br>MULTI GRAIN MUFFIN /WW CRACKERS (6) | PORK CHILI VERDE 31<br>W/WW FLOUR TORTILLAS<br>BROWN SPANISH RICE<br>LIMA BEANS<br>MEXICAN GREEN SALAD<br>W/TOMATOES<br>PEAR CUP   |

 = >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