

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SWEET & SOUR PORK OVER BROWN RICE PEAS & CARROTS GREEN SALAD W/TOMATOES CHOW MEIN NOODLES FORTUNE COOKIE CITRUS FRUIT CUP	HERB BAKED FISH W/LEMON WEDGE SOUR CREAM POTATOES GREENS SALAD W/ CARROTS & TOMATOES WW BREAD (2) APPLE SLICES	CHUCKWAGON STEAK MASHED POTATOES W/GRAVY MIXED GREENS SALAD W/TOMATO & CARROTS WW BISCUIT MIXED BERRIES CUP CRANBERRY ORANGE MUFFIN	CHICKEN PARMESAN W/SEASONED PASTA ITALIAN GREEN BEANS SPINACH SALAD W/CRAINRAISINS MULTI GRAIN MUFFIN APRICOT CUP	COUNTRY FRIED STEAK W/GRAVY WHIPPED POTATOES GARDEN SALAD W/TOMATOES & CARROTS WW BISCUIT PEACHES FRUIT MUFFIN
CLOSED FOR COLUMBUS DAY	CHICKEN ENCHILADAS WW FLOUR TORTILLAS MEXICAN CORN CORN & BLACK BEAN CHOPPED SALAD CORN CHIPS & SALSA TROPICAL FRUIT CUP	MEATLOAF MASHED POTATOES W/GRAVY GARDEN SALAD W/TOMATO WW BREAD (1 slice) PEACHES BRAN MUFFIN	PORK CHOPS W/GRAVY STEAMED BROWN RICE PEAS & CARROTS GREEN SALAD W/CARROTS & TOMATOES WW ROLL STRAWBERRIES CUP	BIRTHDAY CELEBRATION!!! FRUIT JUICE ROAST BEEF POTATOES W/GRAVY SPINACH SALAD W/MANDRIN ORANGES WW BISCUIT OATMEAL CAKE & ICE CREAM
SEASONED TALIPIA BROWN RICE & BARLEY CALIFORNIA MIX VEGGIES CUCUMBER & TOMATO SALAD BRAN MUFFIN STRAWBERRIES CUP	BEEF STROGANOFF OVER NOODLES LIMA BEANS CAESAR SALAD W/TOMATO & CROUTONS WW ROLL MANDARIN ORANGES	FRUIT JUICE GINGER PORK PENNE BAHAMA BLEND VEGETABLES TOMATOES, CUCUMBER & RED ONION SALAD WW ROLL	CHILI RELLENOS CASSEROLE W/BROWN RICE CORN MIXED GREENS SALAD W/TOMATOES & CARROTS CORN MUFFIN TROPICAL FRUIT CUP	SPAGHETTI WITH MEAT SAUCE ITALIAN GREEN BEANS CAESAR SALAD W/CROUTONS & TOMATO WW BREAD STICKS PEARS CUP
BEEF LASAGNA STEAMED CARROTS GARDEN SALAD W/TOMATOES WW GARLIC BREAD TROPICAL FRUIT CUP	ORANGE GLAZED CHICKEN BROWN RICE PILAF CAPRI BLEND VEGETABLES GREEN SALAD W/CARROTS & TOMATOES CORN MUFFIN APRICOT CUP	INDIAN TACOS ON FLAT BREAD WITH PINTO BEANS, BEEF, LETTUCE, CHEESE, TOMATOES, ONIONS, OLIVES & SALSA CARROT STICKS ORANGE WEDGES WW CRACKERS (6)	PORK ROAST W/GRAVY RED POTATOES PEAS & CARROTS SPINACH SALAD W/MANDRIN ORANGES WW ROLL APPLE CRISP W/OATS	HERB BAKED CHICKEN SEASONED PASTA SALAD BROCCOLI & CAULIFLOWER MIXED GREENS SALAD W/TOMATOES & CARROTS BRAN MUFFIN TROPICAL FRUIT CUP
BEEF BURGUNDY W/MUSHROOMS OVER NOODLES CAPRI BLEND VEGETABLES GARDEN SALAD W/TOMATOES & CARROTS WW ROLL SLICED PEARS	KITCHEN SINK™ SALAD (COLBY-MONTEREY JACK CHEESE, CHOPPED HAM, TURKEY, CARROTS, CELERY, APPLE, PINEAPPLE), OVER MIXED GREENS LETTUCE MULTI GRAIN MUFFIN ORANGE WEDGES WW CRACKERS (6)	ALL HALLOW'S EVE SMOTHERED CHICKEN RED POTATOES MIXED GREEN SALAD W/CARROTS & TOMATOES WW ROLL FROG EYE SALAD PINEAPPLE	8 OUNCES OF MILK OFFERED AT EACH MEAL	For reservations, please call the nutrition line directly at: 742-7182 ☺

= >750 mg Sodium

PLEASE CALL FOR RESERVATIONS @ 742-7182 BEFORE 10:30 AM—MEAL SERVICE 12:00 PM

FUNDED BY YOUR DONATIONS****AREA 12 AGENCY ON AGING****MARIPOSA COUNTY GENERAL FUND
SUGGESTED SENIOR DONATION \$4.00 — NON-SENIOR FEE \$6.00