







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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p align="center">For reservations, please call the nutrition line directly at: 742-7182</p>		<p>8 OUNCES OF MILK OFFERED AT EACH MEAL</p>	<p>MEDITERRANEAN FISH 1 BARLEY RISOTTO CAPRI BLEND VEGETABLES GREEN SALAD W/CARROTS & TOMATOES WW BREAD PEACHES & PEARS CUP</p>	<p>BELL PEPPER CASSEROLE 2 W/BROWN RICE & CHEESE LIMA BEANS MIXED GREEN SALAD W/CARROTS ORANGE CRANBERRY MUFFIN BANANAS BINGO NITE BROWN BAG</p>
<p>PORK CHOP W/GRAVY 5 BROWN RICE PEAS & CARROTS TOSSED MIXED GREENS W/CARROTS & TOMATOES WW ROLL APPLE SLICES</p>	<p>ROAST BEEF 6 POTATOES W/GRAVY SPINACH SALAD W/MANDRIN ORANGES WW BISCUIT APPLE CRISP W/OATS</p>	<p>CHINESE CHICKEN SALAD 7 W/LETTUCE, CABBAGE, MANDARIN ORANGES, & CHINESE NOODLES BABY CARROTS & OLIVES BRAN MUFFIN TROPICAL FRUIT CUP</p>	<p>BEEF ENCHILADAS 8 W/WWFLOUR TORTILLAS MEXICALI CORN GREEN SALAD W/CARROTS & TOMATOES MEXICAN BROWN RICE ORANGE WEDGES</p>	<p>COUNTRY FRIED STEAK 9 WHIPPED POTATOES W/GRAVY GARDEN SALAD W/TOMATO & CARROTS WW BISCUIT WW BREAD (1) APRICOT CUP </p>
<p>CLOSED 12 VETERANS' DAY</p> 	<p>SPINACH LASAGNA 13 PACIFIC BLEND VEGGIES GREEN SALAD W/CARROTS & CUCUMBER WW GARLIC BREAD MIXED BERRIES CUP</p>	<p>SALSBURY STEAK 14 NOODLES W/GRAVY BRUSSEL SPROUTS TOMATO, CUCUMBER SALAD WW BREAD PEACHES & PEARS CUP</p>	<p>SEASONED TALIPIA 15 BROWN RICE CALIFORNIA MIX VEGGIES SPINACH & CUCUMBER SALAD BRAN MUFFIN CITRUS CUP</p>	<p>BIRTHDAY CELEBRATION!!! PORK ROAST W/GRAVY 16 POTATOES W/GRAVY GREEN BEANS WW ROLL APPLESAUCE ICE CREAM & CAKE BROWN BAG</p>
<p>CHICKEN BASIL SALAD 19 ON A BED OF LETTUCE W/TOMATOES BABY CARROTS & OLIVES BRAN MUFFIN APPLE WW CRACKERS (6)</p>	<p>MEATLOAF W/GRAVY 20 BARLEY RISOTTO GARDEN SALAD W/TOMATOES BRUSSELS SPROUTS WW BISCUIT TROPICAL FRUIT CUP</p>	<p>TURKEY W/STUFFING 21 & CRANBERRY SAUCE MASHED POTATOES W/ GRAVY  PEAS & CARROTS AMBROSIA FRUIT SALAD WW ROLL</p>	<p>CLOSED— 22 HAPPY THANKSGIVING!</p> 	<p>CLOSED— 23 HAVE A WONDERFUL HOLIDAY WITH FAMILY & FRIENDS</p>
<p>BAKED FISH W/LEMON 26 BARLEY PILAF BROCCOLI & CAULIFLOWER SPINACH SALAD W/TOMATO MULTI GRAIN MUFFIN TROPICAL FRUIT CUP</p>	<p>BEEF TACO SALAD ON A 27 BED OF CORN TORTILLA CHIPS WITH PINTO BEANS, LETTUCE, CHEESE, ONIONS, OLIVES, & SALSA MEXICAN BROWN RICE PEACHES CUP</p>	<p>ORANGE GLAZED CHICKEN 28 BROWN RICE CAPRI BLEND VEGETABLES GREEN SALAD W/CARROTS & TOMATOES WW ROLL PINEAPPLE CUP</p>	<p>BEEF TIPS 29 OVER NOODLES CALIFORNIA MIX VEGGIES MIXED GREENS W/TOMATOES, CARROTS & CHICK PEAS WW ROLL APRICOT CUP</p>	<p>CHILI RELLENOS CASSEROLE 30 BROWN RICE GREEN BEANS MIXED GREEN SALAD W/TOMATOES & CARROTS WW ROLL STRAWBERRIES CUP</p>

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

 = >750 mg Sodium

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

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