







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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SPAGHETTI PIE CASEROLE 3 W/CHEESE ITALIAN MIXED VEGETABLES MIXED GREEN SALAD W/CARROTS & TOMATOES WW GARLIC BREAD TROPICAL FRUIT CUP	SWEET & SOUR PORK 4 OVER BROWN RICE JAPANESE VEGETABLES SPINACH SALAD W/TOMATOES CHOW MEIN NOODLES FORTUNE COOKIE APRICOT CUP	OVEN BAKED FISH 5 W/LEMON WEDGE SOUR CREAM POTATOES BRUSSELS SPROUTS WW BREAD MANDARIN ORANGE SLICES BRAN MUFFIN	BAKED HAM W/GLAZE SAUCE 6 YAMS BROCCOLI MIXED GREENS SALAD W/TOMATOES & CARROTS WW ROLL TROPICAL FRUIT CUP OAT MEAL COOKIE 	MEATLOAF W/GRAVY 7 MASHED POTATOES ASIAN VEGETABLES MIXED GREEN SALAD W/TOMATOES & CARROTS WW ROLL APPLE CRISP W/OATS BINGO NITE BROWN BAG
GINGER PORK PENNE 10 CALIFORNIA MIX VEGGIES GREEN SALAD W/TOMATOES & CARROTS WW ROLL ORANGE WEDGES	BEEF ENCHILADA 11 W/WWFLOUR TORTILLAS MEXICALI CORN BROCCOLI & CAULIFLOWER CORN CHIPS & SALSA APPLE SLICES	PORK CHILI VERDE 12 W/WW FLOUR TORTILLAS BROWN RICE LIMA BEANS MEXICAN GREEN SALAD W/TOMATO PEAR CUP	BEEF TIPS OVER NOODLES 13 OVER NOODLES GREEN BEANS CAESAR SALAD W/TOMATOES WW ROLL BANANA	SPINACH LASAGNA 14 MEDITERRANEAN BLEND VEGGIES GREEN SALAD W/TOMATOES & CARROTS WW GARLIC BREAD PEACHES & PEARS CUP
MILD GARLIC CHICKEN 17 BROWN RICE PILAF ASIAN BLEND VEGETABLES CHINESE GREEN SALAD W/CHOW MEIN NOODLES MANDARIN ORANGE SLICES	COUNTRY FRIED STEAK 18 MASHED POTATOES W/GRAVY SPINACH SALAD W/TOMATOES BRAN MUFFIN WW BISCUIT PEACH CUP	FISH & CHIPS 19 W/LEMON WEDGE COLESLAW WW BREAD ORANGE WEDGES WW CRACKERS (6)	CHEESE RAVIOLI 20 W/MARINARA SAUCE CAPRI BLEND VEGETABLES GREEN SALAD W/CARROT & CUCUMBERS WW BREAD STICKS PINEAPPLE & PEARS	BIRTHDAY CELEBRATION!! BAKED HAM W/GLAZE SAUCE 21 YAMS GREEN BEAN CASSEROLE MIXED GREENS SALAD W/TOMATOES & CARROTS WW ROLL FRUIT PIES 
CLOSED 24 FOR COUNTY PROCLAIMED HOLIDAY	CLOSED 25 FOR CHRISTMAS HOLIDAY 	ROASTED CHICKEN 26 WHIPPED POTATOES W/GRAVY MIXED GREEN SALAD W/CARROTS & TOMATOES WW BREAD MIXED BERRIES CRANBERRY ORANGE MUFFIN	PORK CHOPS 27 BROWN RICE W/BARLEY PEAS MIXED GREEN SALAD W/TOMATOES & CARROTS BRAN MUFFIN APPLESAUCE	HERB BAKED FISH 28 BROWN RICE SEASONED GREEN BEANS CARROT, APPLE & RAISIN SALAD CORN MUFFIN ORANGE WEDGE
BEEF BURGUNDY W/MUSHROOMS 31 OVER BARLEY PILAF BROCCOLI & CAULIFLOWER MIXED GREEN SALAD W/TOMATO & CUCUMBER WW ROLL CITRUS FRUIT CUP	For reservations, please call the nutrition line directly at: 742-7182		8 OUNCES OF MILK OFFERED AT EACH MEAL	

 = >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