










**COMMUNITY SERVICES—MARIPOSA SENIOR ACTIVITY CENTER  
MEALS FOR FEBRUARY 2019**

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>	<p>COUNTRY FRIED STEAK <b>1</b> W/GRAVY PARMESAN PASTA STEAMED CARROTS MIXED GREEN SALAD W/CARROTS &amp; TOMATOES WW BISCUIT PEACHES  <b>BINGO NITE</b> <b>BROWN BAG</b></p>
<p>ROASTED PORK W/GRAVY <b>4</b> BROWN RICE CORN SPINACH SALAD W/CARROTS &amp; TOMATOES WW ROLL SLICED APPLES</p>	<p>CHEESE RAVIOLI <b>5</b> W/MARINARA SAUCE ITALIAN GREEN BEANS MIXED GREEN SALAD W/CARROTS &amp; TOMATOES WW GARLIC BREAD PEAR CUP</p>	<p>CHINESE CHICKEN SALAD <b>6</b> W/LETTUCE, CABBAGE, &amp; CHINESE NOODLES BABY CARROTS &amp; OLIVES BRAN MUFFIN MANDARIN ORANGE SLICES WW CRACKERS (6)</p>	<p>HERB BAKED FISH <b>7</b> BROWN RICE BROCCOLI SPINACH SALAD W/CARROTS &amp; TOMATOES ENRICHED BREADSTICKS PEARS</p>	<p>ITALIAN SPAGHETTI <b>8</b> &amp; MEAT SAUCE W/PARMESAN CHEESE ITALIAN MIXED VEGETABLES MIXED GREEN SALAD W/CARROTS &amp; CUCUMBERS WW GARLIC BREAD APPLE CRISP</p>
<p>FISH &amp; CHIPS <b>11</b> BROCCOLI &amp; CAULIFLOWER BRAN MUFFIN WW/BREAD (1) TROPICAL FRUIT CUP</p>	<p>ORANGE GLAZED CHICKEN <b>12</b> BROWN RICE PILAF PEAS &amp; CARROTS MIXED GREEN SALAD W/CARROTS &amp; TOMATOES WW ROLL BANANA</p>	<p>GINGER PORK PENNE <b>13</b> BAHAMA BLEND VEGETABLES SPINACH SALAD W/TOMATOES WW ROLL APPLE SAUCE</p>	<p>BEEF BURGUNDY <b>14</b> W/MUSHROOMS OVER NOODLES CAPRI BLEND VEGETABLES MIXED GREEN SALAD W/CARROTS &amp; TOMATOES WW ROLL PEARS </p>	<p><b>BIRTHDAY CELEBRATION!!!</b> <b>15</b> FRUIT JUICE ROASTED CHICKEN POTATOES W/GRAVY 3 BEAN SALAD WW ROLL ICE CREAM &amp; CAKE <b>BROWN BAG</b></p>
<p><b>CLOSED PRESIDENTS' DAY</b> <b>18</b></p>   <p><i>Lincoln</i> <i>Washington</i></p>	<p>MILD GARLIC CHICKEN <b>19</b> BROWN RICE W/BARLEY ASIAN VEGETABLES MIXED GREEN SALAD W/CARROTS &amp; TOMATOES CORN MUFFIN MIXED BERRIES</p>	<p>BEEF TIPS OVER NOODLES <b>20</b> GREEN BEANS CAESAR SALAD W/TOMATOES WW ROLL APRICOT CUP</p>	<p>INDIAN TACOS ON FLAT BREAD <b>21</b> WITH PINTO BEANS, BEEF, LETTUCE, CHEESE, TOMATOES, ONIONS, OLIVES &amp; SALSA CARROT STICKS WW CRACKERS(6) ORANGE WEDGES </p>	<p>MEATLOAF <b>22</b> MASHED POTATOES W/GRAVY BRUSSELS SPROUTS WW BISCUIT CRANBERRY ORANGE MUFFIN MANDARIN ORANGE SLICES</p>
<p>SPINACH &amp; CHEESE <b>25</b> LASAGNA PACIFIC BLEND VEGGIES GREEN SALAD W/CARROTS GARLIC BREAD APRICOT CUP</p>	<p>BAKED CHICKEN <b>26</b> W/TROPICAL SALSA BROWN RICE CAPRI BLEND VEGETABLES MIXED GREEN SALAD W/CARROTS &amp; TOMATOES WW ROLL / PEACHES &amp; PEARS</p>	<p>SALSBURY STEAK W/GRAVY <b>27</b> MASHED POTATOES BRUSSEL SPROUTS WW BISCUIT FRUIT CRISP W/OATS (APPLES, PEACHES &amp; RAISINS)</p>	<p>PORK CHOPS W/GRAVY <b>28</b> MASHED POTATOES SPINACH SALAD W/MANDARIN ORANGE SLICES BRAN MUFFIN WW ROLL BANANA</p>	

 = >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