


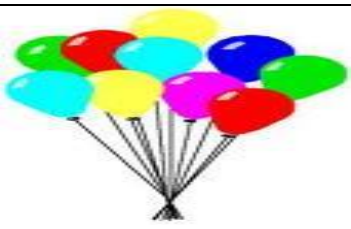



**COMMUNITY SERVICES—MARIPOSA SENIOR ACTIVITY CENTER
MEALS FOR SEPTEMBER 2019**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p align="center">CLOSED FOR 2</p> 	<p>BEEF TIPS OVER PASTA 3 PEAS & CARROTS GREEN SALAD W/ TOMATOES & CARROTS WW BREAD HONEYDEW</p>	<p>MILD GARLIC CHICKEN 4 BROCCOLI CAULIFLOWER SEASONED PASTA SALAD BRAN MUFFIN TROPICAL FRUIT CUP</p>	<p>SPINACH & CHEESE LASAGNA 5 ITALIAN GREEN BEANS GREEN SALAD W/TOMATO & CARROTS WW BREAD STICKS APPLE SLICES</p>	<p>CHEF'S SALAD WITH TURKEY 6 /HAM/LETTUCE /DICED HARD BOILED EGGS /CHEESE/ TOMATOES& CARROTS CROISSANT PEACHES CUP WW CRACKERS (6) BINGO NITE BROWN BAG</p>
<p>CHICKEN BASIL SALAD ON 9 A BED OF LETTUCE W/TOMATOES BABY CARROTS & OLIVES BRAN MUFFIN TROPICAL FRUIT CUP WW CRACKERS (6)</p>	<p>MEATLOAF W/GRAVY 10 MASHED POTATOES PEAS & CARROT BRAN MUFFIN WW BREAD CANTALOUPE</p>	<p>PORK CHOPS W/GRAVY 11 RED POTATOES CALIF. BLEND VEGETABLES WW ROLL PEACH CRISP W/OATS</p>	<p>COLD TURKEY SANDWICH 12 ON A WW ROLL W/LETTUCE, TOMATO & CRANBERRY SAUCE POTATO SALAD TOMATO & CUCUMBER  SALAD BANANA</p>	<p>CHICKEN POT PIE 13 CARROT STICKS WW BISCUIT FROG EYE SALAD W/MANDARIN ORANGE SLICES</p>
<p>OVEN ROASTED CHICKEN 16 BARLEY RISOTTO BROCCOLI & CAULIFLOWER MIXED GREEN SALAD W/TOMATOES & CARROTS WW ROLL APPLE SLICES</p>	<p>BEEF BURGUNDY 17 W/MUSHROOMS OVER NOODLES FRENCH PEAS BROCCOLI SALAD WW ROLL ORANGE WEDGES</p>	<p>SPAGHETTI WITH 18 MEAT SAUCE ITALIAN GREEN BEANS CUCUMBER , WATERMELON & FETA CHEESE SALAD WW BREAD STICKS PEARS CUP</p>	<p>MILD GARLIC CHICKEN 19 BARLEY PILAF ASIAN VEGETABLES CHINESE GREEN SALAD W/TOMATOES WW MUFFIN PEACHES CUP</p>	<p>BIRTHDAY CELEBRATION!!! ROAST BEEF 20 MASHED POTATOES W/GRAVY CUCUMBER & TOMATO SALAD WW ROLL CAKE & ICE CREAM PINEAPPLE BROWN BAG</p>
<p>ENCHILADA CASSEROLE 23 W/CHEESE SPANISH BROWN RICE MEXICAN CORN MIXED GREEN SALAD W/CARROTS & TOMATOES BANANA</p>	<p>COUNTRY FRIED STEAK 24 POTATOES W/GRAVY GREEN SALAD W/CARROTS & TOMATOES WW BISCUIT ORANGE MUFFIN MIXED BERRIES CUP</p>	<p>KITCHEN SINK" SALAD 25 (COLBY-MONTEREY JACK CHEESE, CHOPPED HAM, TURKEY, CARROTS, CELERY, APPLE, PINEAPPLE), OVER MIXED GREENS LETTUCE MULTI GRAIN MUFFIN WW CRACKERS (6)</p>	<p>FISH TACOS 26 W/CHEESE, CABBAGE, ONIONS, OLIVES, & SALSA MEXICAN BROWN RICE CARROT & RAISIN SALAD MANDARIN ORANGE SLICES</p>	<p>SWISS STEAK 27 MASHED POTATOES W/GRAVY MIXED GREEN SALAD W/TOMATOES & CARROTS WW BREAD (2) APRICOT CUP</p>
<p>BAKED FISH W/LEMON 30 BROWN RICE SALAD W/CORN & BLUEBERRIES BROCCOLI & CAULIFLOWER SPINACH SALAD W/TOMATO & CARROTS MULTI GRAIN MUFFIN TROPICAL FRUIT CUP</p>		<p align="center">8 OUNCES OF 1% MILK Or Fat Free CHOCOLATE MILK OFFERED AT EACH MEAL</p>		<p align="center">For reservations, please call the nutrition line directly at: 742-7182 ☺</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****
SUGGESTED SENIOR DONATION \$4.00 — NON-SENIOR FEE \$6.00