
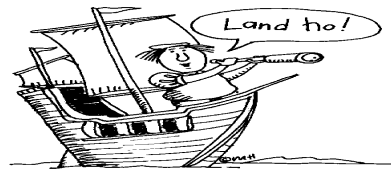




**COMMUNITY SERVICES—MARIPOSA SENIOR ACTIVITY CENTER
MEALS FOR OCTOBER 2019**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p align="center">8 OUNCES OF 1% MILK <u>Or</u> Fat Free CHOCOLATE MILK OFFERED AT EACH MEAL</p>	<p>GINGER PORK PENNE 1 BAHAMA BLEND VEGETABLES TOMATOES, CUCUMBER & RED ONION SALAD WW ROLL APRICOT CUP</p>	<p>CHUCKWAGON STEAK 2 MASHED POTATOES W/GRAVY BRUSSEL SPROUTS WW BISCUIT MIXED BERRIES CUP CRANBERRY ORANGE MUFFIN</p>	<p>CHICKEN PARMESAN 3 W/SEASONED PASTA ITALIAN GREEN BEANS SPINACH SALAD W/CRAINRAISINS WW BREAD STICK ORANGE WEDGES</p>	<p>COUNTRY FRIED STEAK 4 WHIPPED POTATOES W/GRAVY GARDEN SALAD W/TOMATOES & CARROTS WW BISCUIT PEACHES BLUEBERRY MUFFIN  BINGO NITE BROWN BAG</p>
<p>SEASONED TALIPIA 7 BROWN RICE & BARLEY CALIFORNIA MIX VEGGIES CUCUMBER & TOMATO SALAD MULTI-GRAIN MUFFIN STRAWBERRIES CUP</p>	<p>CHICKEN ENCHILADAS 8 WW FLOUR TORTILLAS MEXICAN CORN CORN & BLACK BEAN CHOPPED SALAD CORN CHIPS & SALSA TROPICAL FRUIT CUP</p>	<p>MEATLOAF 9 MASHED POTATOES W/GRAVY BROCCOLI SALAD WW BREAD (1 slice) PEACHES BRAN MUFFIN</p>	<p>PORK CHOPS W/GRAVY 10 STEAMED BROWN RICE PEAS & CARROTS GREEN SALAD W/CARROTS & TOMATOES WW ROLL APPLESAUCE</p>	<p>SPAGHETTI WITH 11 MEAT SAUCE ITALIAN GREEN BEANS CAESAR SALAD W/CROUTONS & TOMATO WW GARLIC BREAD PEARS CUP</p>
<p>CLOSED FOR 14  COLUMBUS DAY</p>	<p>BEEF STROGANOFF 15 OVER NOODLES LIMA BEANS CAESAR SALAD W/TOMATO & CROUTONS WW ROLL MANDARIN ORANGES</p>	<p>CHICKEN MARSALA 16 SEASONED PASTA ITALIAN GREEN BEANS CARROT, APPLE, RAISIN SALAD MULTI GRAIN MUFFIN BANANA</p>	<p>CHILI RELLENOS CASSEROLE 17 WBROWN RICE ASIAN BLEND VEGGIES MIXED GREENS SALAD W/TOMATOES & CARROTS CORN MUFFIN TROPICAL FRUIT CUP</p>	<p>BIRTHDAY CELEBRATION!!! 18 ROASTED CHICKEN POTATOES W/GRAVY SPINACH SALAD W/MANDRIN ORANGES WW BISCUIT OATMEAL CAKE & ICE CREAM ORANGE WEDGES BROWN BAG</p>
<p>BEEF LASAGNA 21 STEAMED CARROTS MIXED GREEN SALAD W/TOMATOES & CARROTS WW GARLIC BREAD TROPICAL FRUIT CUP</p>	<p>ORANGE GLAZED CHICKEN 22 BROWN RICE PILAF CAPRI BLEND VEGETABLES GREEN SALAD W/CARROTS & TOMATOES CORN MUFFIN APRICOT CUP</p>	<p>INDIAN TACOS ON FLAT BREAD 23 WITH PINTO BEANS, BEEF, LETTUCE, CHEESE, TOMATOES, ONIONS, OLIVES & SALSA CARROT STICKS WW CRACKERS (6)  ORANGE WEDGES</p>	<p>PORK ROAST W/GRAVY 24 RED POTATOES PEAS & CARROTS SPINACH SALAD W/MANDRIN ORANGES WW ROLL APPLE CRISP W/OATS</p>	<p>HERB BAKED CHICKEN 25 SEASONED PASTA SALAD BROCCOLI & CAULIFLOWER MIXED GREENS SALAD W/TOMATOES & CARROTS BRAN MUFFIN PINEAPPLE CUP</p>
<p>BEEF BURGUNDY 28 W/MUSHROOMS OVER NOODLES CAPRI BLEND VEGETABLES GARDEN SALAD W/TOMATOES & CARROTS WW ROLL SLICED PEARS</p>	<p>KITCHEN SINK™ SALAD 29 (COLBY-MONTEREY JACK CHEESE, CHOPPED HAM, TURKEY, CARROTS, CELERY, APPLE, PINEAPPLE), OVER MIXED GREENS LETTUCE MULTI GRAIN MUFFIN ORANGE WEDGES // WW CRACKERS (6)</p>	<p>SWEET & SOUR PORK 30 OVER BROWN RICE PEAS & CARROTS GREEN SALAD W/TOMATOES & CARROTS CHOW MEIN NOODLES FORTUNE COOKIE // CITRUS FRUIT</p>	<p>ALL HALLOW'S EVE 31 SMOTHERED CHICKEN RED POTATOES MIXED GREEN SALAD W/CARROTS & TOMATOES WW ROLL FROG EYE SALAD PINEAPPLE</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****MARIPOSA COUNTY
SUGGESTED SENIOR DONATION \$4.00 — NON-SENIOR FEE \$6.00