









MARIPOSA SENIOR ACTIVITY CENTER

MEALS FOR FEBRUARY 2020

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
ROASTED PORK W/GRAVY 3 BROWN RICE CORN SPINACH SALAD W/CARROTS & TOMATOES WW ROLL SLICED APPLES	CHEESE RAVIOLI 4 W/MARINARA SAUCE PEAS & CARROTS MIXED GREEN SALAD W/CARROTS & TOMATOES WW GARLIC BREAD PEAR CUP	CHINESE CHICKEN SALAD 5 W/LETTUCE, CABBAGE, & CHINESE NOODLES BABY CARROTS & OLIVES BRAN MUFFIN MANDARIN ORANGE SLICES WW CRACKERS (6)	HERB BAKED FISH 6 BROWN RICE BROCCOLI SPINACH SALAD W/CARROTS & TOMATOES ENRICHED BREADSTICKS MIXED BERRIES	COUNTRY FRIED STEAK 7 W/GRAVY MASHED POTATOES STEAMED CARROTS WW BISCUIT APRICOTS  BINGO NITE BROWN BAG
FISH & CHIPS 10 BROCCOLI & CAULIFLOWER BAKED STEAK FRIES WW/BREAD (1) TROPICAL FRUIT CUP	ORANGE GLAZED CHICKEN 11 BROWN RICE PILAF PEAS & CARROTS MIXED GREEN SALAD W/CARROTS & TOMATOES WW ROLL BANANA	GINGER PORK PENNE 12 BAHAMA BLEND VEGETABLES MIXED GREEN SALAD W/CARROTS & CUCUMBERS WW ROLL APPLE SAUCE	ITALIAN SPAGHETTI 13 & MEAT SAUCE W/PARMESAN CHEESE ITALIAN MIXED VEGETABLES MIXED GREEN SALAD W/CARROTS & CUCUMBERS WW ROLL MANDARIN ORANGES	BEEF BURGUNDY 14 W/MUSHROOMS OVER NOODLES CAPRI BLEND VEGETABLES MIXED GREEN SALAD W/CARROTS & TOMATOES WW ROLL PEARS 
CLOSED 17 PRESIDENTS' DAY   <i>Lincoln</i> <i>Washington</i>	BEEF TIPS 18 OVER NOODLES GREEN BEANS CAESAR SALAD W/TOMATOES & CROUTONS WW ROLL APRICOT CUP	MILD GARLIC CHICKEN 19 BROWN RICE W/BARLEY ASIAN VEGETABLES MIXED GREEN SALAD W/CARROTS & TOMATOES CORN MUFFIN MIXED BERRIES	PORK CHOPS W/GRAVY 20 MASHED POTATOES SPINACH SALAD W/MANDARIN ORANGE SLICES WW ROLL BANANA	BIRTHDAY CELEBRATION!!! 21 FRUIT JUICE ROASTED CHICKEN POTATOES W/GRAVY 3 BEAN SALAD WW ROLL ICE CREAM & CAKE BROWN BAG
SPINACH & CHEESE 24 LASAGNA PACIFIC BLEND VEGGIES GREEN SALAD W/CARROTS WW GARLIC BREAD APRICOT CUP	BAKED CHICKEN 25 W/TROPICAL SALSA BROWN RICE CAPRI BLEND VEGETABLES MIXED GREEN SALAD W/CARROTS & TOMATOES WW ROLL PEACHES & PEARS CUP	SALSBURY STEAK W/GRAVY 26 MASHED POTATOES MIXED GREEN SALAD W/TOMATOES & CUCUMBER WW BISCUIT APPLE SLICES	MEATLOAF 27 MASHED POTATOES W/GRAVY CORN WW BISCUIT BANANA	INDIAN TACOS ON FLAT BREAD 28 WITH PINTO BEANS, BEEF, LETTUCE, CHEESE, TOMATOES, ONIONS, OLIVES & SALSA MIXED GREEN SALAD CARROT STICKS WW CRACKERS (6) ORANGE WEDGES 
	For reservations, please call the nutrition line directly at: 742-7182 ☺		8 OUNCES OF 1% MILK <u>Or</u> Fat Free CHOCOLATE MILK OFFERED AT EACH MEAL	



= > 750 mg Sodium

FUNDED BY YOUR DONATIONS*** AREA 12 AGENCY ON AGING***** MARIPOSA COUNTY**
SUGGESTED SENIOR DONATION \$4.00-----NON-SENIOR FEE \$6.00

PLEASE CALL FOR RESERVATIONS @ 742-7182 BEFORE 10:30 AM