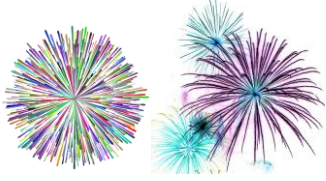





MARIPOSA SENIOR ACTIVITY CENTER MEALS FOR JULY 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8 OUNCES OF 1% MILK OFFERED AT EACH MEAL			For reservations call: 209-742-7182 before 10:30am	MACARONI & CHEESE 1 MIXED GREEN SALAD W/TOMATO & CUCUMBERS PEAS, CARROTS & CORN WW GARLIC BREAD STICKS WATERMELON CUBES
CLOSED- COUNTY HOLIDAY 4 	REUBEN SANDWICH 5 ON RYE BREAD SWEET POTATO FRIES SPINACH SALAD W/TOMATO & CARROTS BANANA 	GRILLED CHICKEN 6 ON A BED OF LETTUCE WITH TOMATO & CARROTS POTATO SALAD WW BREAD MIXED BERRIES	PORK CHOP W/GRAVY 7 MASHED POTATOES CALIFORNIA MIXED VEGGIES WW BISCUIT APPLESAUCE BROWN BAG	CHINESE CHICKEN SALAD 8 W/LETTUCE, CABBAGE, MANDARIN ORANGES & CHOW MEIN NOODLES SUGAR SNAP PEAS FORTUNE COOKIE CROISSANT
SPAGHETTI 11 WITH MEAT SAUCE ITALIAN VEGGIE BLEND CUCUMBER & TOMATO SALAD WW GARLIC BREAD PEACHES	CHEF SALAD 12 (TURKEY, HAM, GREENS, EGG, TOMATO, CARROTS) ZUCCHINI STICKS WW ROLL WW CRACKERS (6) STRAWBERRIES	BEEF ENCHILADA 13 CASSEROLE W/WW FLOUR TORTILLAS MEXICALI CORN MIXED GREEN SALAD W/TOMATO & CARROTS BROWN SPANISH RICE CALI MIXED FRUIT	COLD TURKEY SANDWICH 14 ON A WW ROLL W/LETTUCE, TOMATO & CRANBERRY SAUCE POTATO SALAD BANANA	BIRTHDAY CELEBRATION!!! 15 CHICKEN CAPRESE YELLOW SQUASH SPINACH SALAD W/TOMATO & CARROTS WW BISCUIT WATERMELON CUBES CAKE & ICE CREAM
BEEF STROGANOFF 18 W/MUSHROOMS OVER NOODLES LIMA BEANS CAESAR SALAD W/TOMATO & CARROTS WW ROLL APRICOT CUP	BAKED FISH & CHIPS 19 BROCCOLI & CAULIFLOWER WW BREAD CANTALOUPE	PORK CARNITAS TACO 20 BLACK BEANS CABBAGE SALAD CILANTRO LIME BROWN RICE HONEYDEW CUBES	KITCHEN SINK SALAD 21 (CHOPPED HAM, TURKEY, CARROTS, TOMATO, CELERY, APPLE AND PINEAPPLE) WW CRACKERS (6) CROISSANT PEARS BROWN BAG	CHICKEN 22 W/PINEAPPLE SALAS ON A BED OF LETTUCE W/TOMATO & CARROTS BROCCOLI SALAD WW ROLL WW CRACKERS (6) WATERMELON CUBES
SWEET & SOUR PORK 25 OVER BROWN RICE BROCCOLI & CAULIFLOWER MIXED GREEN SALAD W/TOMATO & CARROTS WW BISCUIT PINEAPPLE	ROAST BEEF SANDWICH 26 W/AU JUS MASHED POTATOES SPINACH SALAD W/TOMATO & CARROTS WW ROLL GRAPES	SEAFOOD ALFREDO 27 OVER PASTA GREEN BEANS CAESAR SALAD W/TOMATO & CARROTS WW BREAD STICKS MIXED BERRIES	SPINACH & CHEESE LASAGNA 28 MEDITERRANEAN BLEND VEGGIES MIXED GREEN SALAD W/TOMATO & CARROTS WW GARLIC BREAD STICKS TROPICAL FRUIT CUP	CALIFORNIA CHICKEN 29 (TOMATO, AVACADO) CALIFORNIA MIXED VEGGIES MIXED GREEN SALAD W/TOMATO & CARROTS QUINOA PILAF BLUEBERRY MUFFIN WATERMELON CUBES



= > 750 mg Sodium

PLEASE CALL 209-742-7182 FOR RESERVATIONS BEFORE 10:30 AM—MEAL SERVICE @ 12:00 PM

FUNDED IN PART BY AREA 12 AGENCY ON AGING & YOUR CONTRIBUTIONS – SUGGESTED CONTRIBUTION FOR SENIORS \$4.00 WITH COMPLETED INTAKE
NON-SENIOR FEE IS \$6.00 - NO ELIGIBLE SENIOR WILL BE TURNED AWAY FOR INABILITY TO CONTRIBUTE