

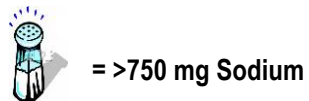


**MARIPOSA SENIOR ACTIVITY CENTER
MEALS FOR JANUARY 2020**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>For reservations, please call the nutrition line directly at: 742-7182 ☺</p>	<p>8 OUNCES OF 1% MILK <i>Or</i> Fat Free CHOCOLATE MILK OFFERED AT EACH MEAL</p>	<p>CLOSED 1 FOR COUNTY HOLIDAY</p> 	<p>2 PORK CHILI VERDE W/WW FLOUR TORTILLAS BROWN RICE LIMA BEANS MIXED GREEN SALAD W/CARROTS & TOMATOES TROPICAL FRUIT CUP</p>	<p>3 COUNTRY FRIED STEAK W/GRAVY WHIPPED POTATOES GREEN BEANS WW BISCUIT APPLE</p>  <p style="text-align: right;">BROWN BAG</p>
<p>6 HERB BAKED FISH W/LEMON WEDGE SOUR CREAM POTATOES MIXED GREENS SALAD W/ CARROTS & TOMATOES WW BREAD (2) APPLE SLICES</p>	<p>7 SWEET & SOUR PORK OVER BROWN RICE JAPANESE VEGETABLES MIXED GREENS SALAD W/CARROTS CHOW MEIN NOODLES WW BREAD (1) MIXED BERRIES CUP</p>	<p>8 SPINACH LASAGNA STEAMED CARROTS MIXED GREENS SALAD W/TOMATOES & CARROTS WW GARLIC BREAD PEACHES & PEARS MIX</p>	<p>9 ORANGE GLAZED CHICKEN BROWN RICE PILAF CAPRI BLEND VEGETABLES GREEN SALAD W/CARROTS & TOMATOES CORN MUFFIN APRICOT CUP</p>	<p>10 ROASTED CHICKEN SCALLOPED POTATOES PEAS & CARROTS ENRICHED ROLL ORANGE WEDGES</p>
<p>13 CHILI RELLENOS CASSEROLE WBROWN RICE GREEN BEANS MIXED GREENS SALAD W/TOMATOES & CARROTS CORN MUFFIN TROPICAL FRUIT CUP</p>	<p>14 BEEF STROGANOFF OVER NOODLES LIMA BEANS CAESAR SALAD W/TOMATO & CROUTONS WW ROLL PEACHES</p>	<p>15 STUFFED TOMATO TUNA SALAD ON A BED OF LETTUCE W/TOMATOES, CARROTS & CUCUMBERS MULTI GRAIN MUFFIN SLICED APPLES WW CRACKERS (6)</p>	<p>16 BAKED CHICKEN W/SEASONED PASTA ITALIAN GREEN BEANS CARROT RAISIN SALAD MULTI GRAIN MUFFIN PEARS</p>	<p>17 <u>BIRTHDAY CELEBRATION!!!</u> ROAST BEEF POTATOES W/GRAVY SPINACH SALAD W/CARROTS & TOMATOES WW BISCUIT ORANGE WEDGES CAKE & ICE CREAM</p> <p style="text-align: right;">BROWN BAG</p>
<p>20 CLOSED HONORING MARTIN LUTHER KING, JR.</p>	<p>21 MEATLOAF MASHED POTATOES W/GRAVY GARDEN SALAD W/TOMATOES & CARROTS WW BISCUIT MULTI GRAIN MUFFIN MIXED BERRIES CUP</p>	<p>22 BAKED CHICKEN W/TROPICAL SALSA BARLEY RISOTTO LIMA BEANS RAISIN & CARROT SALAD WW ROLL PEACHES & PEARS CRISP W/OATS</p>	<p>23 ITALIAN SPAGHETTI & MEAT SAUCE W/PARMESAN CHEESE ITALIAN MIXED VEGETABLES CAESAR SALAD W/CARROTS WW BREAD STICKS APPLESAUCE</p>	<p>24 BEEF ENCHILADAS W/WW FLOUR TORTILLAS MEXICALI CORN MIXED GREENS SALAD W/CARROTS & TOMATO MANDARIN ORANGES</p>
<p>27 BEEF TIPS OVER NOODLES CALIFORNIA MIX VEGGIES MIXED GREENS W/TOMATO & CARROTS WW ROLL BANANA</p>	<p>28 CHIPOTLE FISH W/LEMON BROWN RICE BROCCOLI GARDEN SALAD W/TOMATOES WW BREAD STICKS CITRUS FRUIT CUP</p>	<p>29 TURKEY POT PIE W/CRUST, PEAS, CARROTS, POTATOES GARDEN SALAD W/TOMATOES & CUCUMBERS WW BISCUIT ORANGE WEDGES</p>	<p>30 CHEF'S SALAD WITH TURKEY/HAM /LETTUCE/DICED HARD BOILED EGGS/CHEESE/ TOMATOES & CUCUMBERS CROISSANT TROPICAL FRUIT CUP WW CRACKERS (6)</p>	<p>31 MILD GARLIC CHICKEN BARLEY PILAF ASIAN VEGETABLES CHINESE GREEN SALAD W/TOMATOES WW ROLL PINEAPPLE CUP</p>



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

FUNDED BY YOUR CONTRIBUTIONS*****AREA 12 AGENCY ON AGING*****MARIPOSA COUNTY
SUGGESTED SENIOR CONTRIBUTION \$4.00* — NON-SENIOR FEE \$6.00 *No eligible individual shall be denied participation due to inability to contribute