

**COMMUNITY SERVICES—MARIPOSA SENIOR ACTIVITY CENTER  
MEALS FOR OCTOBER 2012**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
JUICE 1 PORK CHOP W/APPLESAUCE OREGON BEAN MEDLEY TOSSED GREEN SALAD WW BISCUIT PUDDING & COOKIE	ORANGE GLAZED CHICKEN 2 BROWN RICE PILAF MEDLY BLEND VEGETABLES MIXED GREENS SALAD STRAWBERRY SHORTCAKE	JUICE 3 SEAFOOD ALFREDO CALIFORNIA VEGETABLES SPINACH SALAD W/ORANGES WW GARLIC BREAD JELLO	BELL PEPPER CASSEROLE 4 SEASONED CORN GREEN SALAD WW BREAD FRUIT COCKTAIL	CHUCKWAGON STEAK 5 MASHED POTATOES W/GRAVY BABY CARROTS WW BISCUIT AUTUMN FRUIT COBBLER <b>BINGO NITE</b> <b>BROWN BAG</b>
<b>CLOSED FOR</b> 8  <b>COLUMBUS DAY</b>	LASAGNA W/COTTAGE 9 CHEESE ITALIAN VEGETABLES GREEN SALAD WW GARLIC BREAD FRUIT CUP	<i>Signature Salad Day</i> 10 TUNA PASTA SALAD ON ROMAINE LETTUCE TOMATOES AND CUCUMBERS CRACKERS FRUIT CRISP	JUICE 11 OLD FASHIONED BEEF STEW W/VEGETABLES/POTATOES ROMAINE & BEET SALAD WW BISCUIT RICE KRISPY TREAT	<b>BIRTHDAYS CELEBRATION!!</b> 12 JUICE ROASTED CHICKEN POTATOES W/GRAVY SPINACH SALAD WW ROLL CAKE & ICE CREAM
JUICE 15 FISH AND CHIPS TARTAR SAUCE BROCCOLI CORNBREAD COOK'S CHOICE COOKIE	CHEESE RAVIOLI 16 W/MARINARA SAUCE & PARMEASAN CHEESE ITALIAN GREEN BEANS MIXED GREEN SALAD WW GARLIC STICKS PUDDING DELIGHT W/FRUIT	JUICE 17 SWEDISH MEATBALLS EGG NOODLES BRUSSELS SPROUTS GREEN SALAD W/CARROTS BROWNIE <b>BROWN BAG</b>	BBQ CHICKEN 18 TATER TOTS CASSEROLE SEASONED GREEN BEANS WW BREAD APPLE BROWN BETTY	JUICE 19 MEAT LOAF MASHED POTATOES W/GRAVY CREAM OF CORN WW ROLL JELLO & COOKIE
TURKEY ALA KING 22 OVER RICE BABY CARROTS GREEN SALAD W/DRESSING WW BREAD FRUIT CUP	BREADED FISH 23 W/TARTAR SAUCE COLESLAW SWEET/SOUR GREEN BEANS BRAN MUFFIN APPLE CRISP	JUICE 24 BEEF ENCHILADAS MEXICALI CORN GREEN SALAD JELLO CAKE	<i>Signature Salad Day</i> 25 "KRAB" LOUIE SALAD ON A BED OF LETTUCE W/TOMATOES OLIVES & CARROT STICKS WW BREAD APRICOT HALVES & COOKIE	JUICE 26 HOT DOG ON A WW BUN W/CHILI BEANS, CHEESE AND ONIONS GREEN SALAD COOKIE
JUICE 29 SPAGHETTI & MEAT SAUCE W/PARMESAN CHEESE ITALIAN MIXED VEGETABLES CARROTS & RAISIN SALAD WW BREAD STICKS PUDDING DELIGHT	CRAB PATTIES 30 WITH TARTAR SAUCE RICE PILAF JAPANESE VEGETABLES PEA SALAD WW BREAD FRUIT CUP	JUICE 31 BEWITCHING SMOTHERED CHICKEN & BLOOD RED POTATOES GOBLIN'S GREEN BEANS LIZZARD'S SPINACH SALAD WW BREAD ALL HALLOWS CAKE	<b>For reservations, please call the nutrition line directly at: 742-7182 ☺</b>	
<b>8 OUNCES OF MILK OFFERED AT EACH MEAL</b>				

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