




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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>For reservations, please call the nutrition line directly at: 742-7182 😊</p>		<p>8 OUNCES OF MILK OFFERED AT EACH MEAL</p>		<p>LEMON-HERB CHICKEN 1 SEASONED PASTA CAPRI BLEND VEGETABLES LIMA BEANS WW BREAD MANDARIN ORANGE SLICES BINGO NITE BROWN BAG</p>
<p>COUNTRY FRIED STEAK 4 W/GRAVY WHIPPED POTATOES STEAMED CARROTS WW BISCUIT CRANBERRY ORANGE MUFFIN APPLE SLICES</p>	<p>SWEET & SOUR PORK 5 OVER BROWN RICE JAPANESE VEGETABLES MIXED GREENS SALAD W/CARROTS & TOMATOES CHOW MEIN NOODLES CITRUS FRUIT CUP</p>	<p>BAKED FISH 6 W/LEMON WEDGES BROWN RICE PILAF CAULIFLOWER & BROCCOLI GREEN SALAD CARROTS & TOMATOES WW BREAD STRAWBERRIES</p>	<p>SPINACH LASAGNA 7 ITALIAN GREEN BEANS MIXED GREENS SALAD W/CARROTS & CUCUMBERS WW GARLIC BREAD PEACHES CUP</p>	<p>BIRTHDAY CELEBRATION!!! 8 ROAST BEEF POTATOES W/GRAVY BRUSSEL SPROUTS WW ROLL ICE CREAM & CAKE ORANGE WEDGES</p>
<p>BEEF ENCHILADAS 11 W/WWFLOUR TORTILLAS BROWN SPANISH RICE MEXICAN CORN GREEN SALAD W/CARROTS & TOMATOES PEAR CUP</p>	<p>SPAGHETTI & MEAT SAUCE 12 W/PARMESAN CHEESE GREEN BEANS TOSSED SALAD W/CARROTS & CUCUMBERS WW GARLIC BREAD PEACHES</p>	<p>HERB BAKED CHICKEN 13 SEASONED PASTA BROCCOLI CAULIFLOWER BRAN MUFFIN TROPICAL FRUIT CUP</p>	<p>CHIPOTLE FISH 14 BROWN RICE MEDITERRANEAN BLEND VEGGIES GARDEN SALAD W/TOMATOES & CARROTS WW BREAD CITRUS FRUIT CUP</p>	<p>ST. PATTY'S CELEBRATION 15 CORND BEEF & CABBAGE PARSLIED NEW POTATOES BUTTERED CARROTS CORN MUFFIN CRANBERRY ORANGE MUFFIN BANANA BROWN BAG</p>
<p>CHICKEN CACCIATORY 18 W/SEASONED PASTA ITALIAN GREEN BEANS CARROT RAISIN SALAD MULTI GRAIN MUFFIN PEARS</p>	<p>BEEF BURGUNDY 19 W/MUSHROOMS OVER NOODLES CALIFORNIA MIX VEGGIES MIXED GREENS W/TOMATOES & CARROTS WW ROLL BANANA</p>	<p>CHILI RELLENOS CASSEROLE 20 BROWN SPANISH RICE MEXICALI CORN MIXED GREEN SALAD W/TOMATOES & CARROTS CORN MUFFIN CITRUS FRUIT CUP</p>	<p>CHUCKWAGON STEAK 21 POTATOES & GRAVY LIMA BEANS WW BISCUIT BRAN MUFFIN ORANGE WEDGES</p>	<p>GINGER PORK PENNE 22 BAHAMA BLEND VEGETABLES TOMATOES, CUCUMBER & ONION SALAD WW ROLL TROPICAL FRUIT CUP</p>
<p>BEEF TIPS 25 OVER NOODLES BRUSSEL SPROUTS SPINACH SALAD W/ MANDARIN ORANGE SLICES WW ROLL ORANGE WEDGES</p>	<p>ORANGE GLAZED CHICKEN 26 BROWN RICE PILAF CAPRI BLEND VEGETABLES MIXED GREEN SALAD W/CARROTS & TOMATOES WW ROLL BANANA</p>	<p>HERB BAKED FISH 27 LONG GRAIN & WILD RICE PACIFIC MIX VEGGIES MIXED GREENS SALAD W/CARROTS & TOMATOES WW BREAD PINEAPPLE</p>	<p>MEATLOAF W/GRAVY 28 MASHED POTATOES GREEN BEANS BRAN MUFFIN WW ROLL MIXED BERRIES</p>	<p>KITCHEN SINK" SALAD 29 (COLBY-MONTEREY JACK CHEESE, CHOPPED HAM, TURKEY, CARROTS, CELERY, APPLE, PINEAPPLE), OVER MIXED GREENS LETTUCE PEACHES MULTI GRAIN MUFFIN WW CRACKERS (6)</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 GENERAL FUND
SUGGESTED SENIOR DONATION \$4.00 — NON-SENIOR FEE \$6.00