





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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BBQ CHICKEN 1 PASTA SALAD PEAS SPINACH SALAD W/ MANDARIN ORANGES WW BREAD BANANA	CHEF'S SALAD WITH 2 TURKEY/HAM/LETTUCE /DICED HARD BOILED EGGS/ CHEESE/TOMATOES & CUCUMBERS CROISSANT APPLE WW CRACKERS (6)	CHEESEBURGER ON A 3 WW BUN W/LETTUCE & TOMATO, ONION POTATO SALAD PEAS & CARROTS CITRUS FRUIT CUP	CLOSED HOLIDAY 4 	COUNTRY FRIED STEAK 5 W/GRAVY WHIPPED POTATOES STEAMED CARROTS CRANBERRY ORANGE MUFFIN WW BISCUIT ORANGE WEDGES <i>BINGO NITE</i>  <i>BROWN BAG</i>
PORK CHOPS W/GRAVY 8 OVER BROWN RICE PEAS BROCCOLI SALAD WW BISCUIT ORANGE WEDGES	BEEF STROGANOFF 9 OVER NOODLES LIMA BEANS CAESAR SALAD W/TOMATO & CROUTONS WW ROLL MANDARIN ORANGES	CHICKEN SALAD ON A BED 10 OF MIXED GREENS, W/TOMATOES & CUCUMBERS OLIVES & CARROT STICKS MULTI GRAIN MUFFIN TROPICAL FRUIT CUP WW CRACKERS (6)	SPINACH LASAGNA 11 ITALIAN GREEN BEANS GREEN SALAD W/TOMATOES & CARROTS WW BREAD STICKS MIXED MELONS	SWEET & SOUR PORK 12 OVER BROWN RICE JAPANESE VEGETABLES MIXED GREENS SALAD W/TOMATO & CARROTS CHOW MEIN NOODLES PINEAPPLE
FISH & CHIPS 15 BROCCOLI & CAULIFLOWER BRAN MUFFIN WW/BREAD (1) TROPICAL FRUIT CUP	CHICKEN CACCIATORE 16 OVER PASTA ITALIAN GREEN BEANS GREEN SALAD W/CARROTS & TOMATOES WW BISCUIT STRAWBERRIES	BEEF TIPS OVER PASTA 17 PEAS W/ONIONS CARROTS, RAISIN & PINEAPPLE SALAD WW ROLL HONEYDEW MELON	KITCHEN SINK™ SALAD 18 (COLBY-MONTEREY JACK CHEESE, CHOPPED HAM, TURKEY,CARROTS, CELERY, APPLE, PINEAPPLE), OVER MIXED GREENS LETTUCE MULTI GRAIN MUFFIN ORANGE WEDGES // WW CRACKERS (6)	BIRTHDAYS CELEBRATION!!! SLICED ROAST BEEF 19 MASHED POTATOES W/GRAVY BROCCOLI SALAD WW ROLL CAKE & ICE CREAM CITRUS FRUIT CUP <i>BROWN BAG</i>
CRAB CAKES W/LEMON 22 BARLEY PILAF BROCCOLI MIXED GREENS SALAD W/CARROTS & TOMATO WW BREAD  BANANA	BEEF ENCHILADA 23 W/WW FLOUR TORTILLAS SPANISH BROWN RICE MEXICAN CORN MIXED GREENS SALAD W/CARROTS & TOMATOES CORN CHIPS & SALSA CANTALOUPE	ITALIAN HERB FISH 24 W/TARTAR SAUCE BROWN RICE SALAD W/CORN & BLUEBERRIES BROCCOLI & CAULIFLOWER SPINACH SALAD W/TOMATO WW BREAD STICKS PINEAPPLE	BBQ PULLED PORK 25 ON A WW BUN BAKED BEANS COLESLAW WATERMELON	MEATLOAF W/GRAVY 26 MASHED POTATOES MIXED GREEN SALAD W/TOMATOES & CARROTS BRAN MUFFIN WW BISCUIT HONEYDEW MELON
BEEF TACO SALAD ON A BED 29 OF CORN TORTILLA CHIPS, WITH PINTO BEAN, LETTUCE, CHEESE ONIONS, OLIVES, & SALSA BROWN MEXICAN RICE SLICED APPLES	PORK CHILI VERDE 30 W/WW FLOUR TORTILLAS MEXICAN BROWN RICE LIMA BEANS MIXED GREEN SALAD W/CARROTS & TOMATOES PEAR CUP	ITALIAN SPAGHETTI 31 & MEAT SAUCE W/PARMESAN CHEESE CAPRI BLEND VEGGIES CAESAR SALAD W/CARROTS WW BREAD STICKS MIXED MELONS	For reservations, please call the Nutrition Line directly at: 742-7182 ☺	8 OUNCES OF 1% MILK Or Fat Free CHOCOLATE MILK OFFERED AT EACH MEAL

 = >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
SUGGESTED SENIOR DONATION \$4.00 — NON-SENIOR FEE \$6.00