


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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SPAGHETTI PIE CASEROLE 2 W/CHEESE ITALIAN MIXED VEGETABLES MIXED GREEN SALAD W/CARROTS & TOMATOES WW GARLIC BREAD TROPICAL FRUIT CUP	SWEET & SOUR PORK 3 OVER BROWN RICE JAPANESE VEGETABLES SPINACH SALAD W/TOMATOES CHOW MEIN NOODLES FORTUNE COOKIE APRICOT CUP	LEMON HERB CHICKEN 4 BROCCOLI CAULIFLOWER SEASONED PASTA SALAD BRAN MUFFIN BANANA	OVEN BAKED FISH 5 W/LEMON WEDGE SOUR CREAM POTATOES BRUSSELS SPROUTS WW BREAD MANDARIN ORANGE SLICES BRAN MUFFIN	MEATLOAF W/GRAVY 6 MASHED POTATOES ASIAN VEGETABLES MIXED GREEN SALAD W/TOMATOES & CARROTS WW ROLL // FRUIT MUFFIN APPLE <i>BINGO NITE</i> <i>BROWN BAG</i>
SEAFOOD ALFREDO PASTA 9 CALIFORNIA MIX VEGGIES GREEN SALAD W/TOMATOES & CARROTS WW ROLL ORANGE WEDGES	BEEF ENCHILADA 10 W/WWFLOUR TORTILLAS MEXICALI CORN BROCCOLI & CAULIFLOWER CORN CHIPS & SALSA APPLE SLICES	PORK CHILI VERDE 11 W/WW FLOUR TORTILLAS BROWN RICE LIMA BEANS MEXICAN GREEN SALAD W/TOMATO PEAR CUP	BEEF TIPS OVER NOODLES 12 OVER NOODLES GREEN BEANS CAESAR SALAD W/TOMATOES WW ROLL BANANA	SPINACH LASAGNA 13 MEDITERRANEAN BLEND VEGGIE GREEN SALAD W/TOMATOES & CARROTS WW GARLIC BREAD PEACHES
MILD GARLIC CHICKEN 16 BROWN RICE PILAF ASIAN BLEND VEGETABLES CHINESE GREEN SALAD W/TOMATO & CHOW MEIN NOODLES MANDARIN ORANGE SLICES	COUNTRY FRIED STEAK 17 MASHED POTATOES W/GRAVY BROCCOLI SALAD BRAN MUFFIN WW BISCUIT PEACHES CUP	CHEESE RAVIOLI 18 W/MARINARA SAUCE CAPRI BLEND VEGETABLES GREEN SALAD W/CARROT & CUCUMBERS WW BREAD STICKS PEARS	FISH & CHIPS 19 W/LEMON WEDGE COLESLAW WW BREAD ORANGE WEDGES WW CRACKERS (6)	<u>BIRTHDAY CELEBRATION!!!</u> 20 ROAST BEEF MASHED POTATOES W/GRAVY MIXED GREEN SALAD W/TOMATO & CARROTS WW ROLL CAKE & ICE CREAM PINEAPPLE <i>BROWN BAG</i>
ROASTED CHICKEN 23 WHIPPED POTATOES W/GRAVY MIXED GREEN SALAD W/CARROTS & TOMATO WW BREAD MIXED BERRIES CRANBERRY ORANGE MUFFIN	BAKED HAM W/GLAZE SAUCE 24 YAMS GREEN BEAN CASSEROLE MIXED GREENS SALAD W/TOMATOES & CARROTS WW ROLL FRUIT PIES 	CLOSED 25 FOR CHRISTMAS HOLIDAY 	PORK CHOPS 26 BROWN RICE W/BARLE PEAS MIXED GREEN SALAD W/TOMATOES & CARROTS BRAN MUFFIN APPLESAUCE	HERB BAKED FISH 27 BROWN RICE SEASONED GREEN BEANS CARROT, APPLE & RAISIN SALAD CORN MUFFIN ORANGE WEDGE
BEEF BURGUNDY 30 MUSHROOMS OVER BARLEY PILAF BROCCOLI & CAULIFLOWER MIXED GREEN SALAD W/TOMATO & CUCUMBER WW ROLL CITRUS FRUIT CUP	SWISS STEAK 31 MASHED POTATOES W/GRAVY MIXED GREEN SALAD W/TOMATOES & CARROTS WW BREAD (2) APRICOT CUP	8 OUNCES OF 1% MILK <u>Or</u> Fat Free CHOCOLATE MILK OFFERED AT EACH MEAL		For reservations, please call the nutrition line directly at: 742-7182

 = >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