



# MARIPOSA SENIOR ACTIVITY CENTER

## MEALS FOR MAY 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MILD GARLIC CHICKEN 2 MIXED GREEN SALAD W/TOMATO & CARROTS BAHAMA BLEND VEGGIES BRAN MUFFIN LONG GRAIN & WILD RICE STRAWBERRIES	OPEN FACED BBQ BEEF 3 SANDWICH ON WW BUN PEAS SWEET POTATO FRIES APRICOT CUP	BAKED SALMON 4 W/LEMON WEDGE ITALIAN VEGGIE BLEND SPINACH SALAD W/TOMATO & CARROTS QUINOA WW BREAD STICKS MANDARIN ORANGE SLICES	CHILI RELLENOS CASSEROLE 5 W/BEEF GREEN PEPPER SLAW BLACK BEANS BROWN SPANISH RICE WW ROLL PINEAPPLE  <b>BROWN BAG</b>	BBQ PORK RIBS 6 COUNTRY VEGGIE BLEND BAKED POTATO WW GARLIC BREAD CITRUS FRUIT CUP  <i>happy</i> <b>MOTHER'S</b> <i>day</i>
HAMBURGER 9 W/LETTUCE, TOMATO, ONION ON WW BUN SWEET POTATO FRIES CORN PEACHES	ORANGE GLAZED CHICKEN 10 APPLE & RAISIN SALAD PEAS BROWN RICE PILAF WW BREAD STICKS STRAWBERRIES	BEEF TACO SALAD 11 (BED OF CORN CHIPS, PINTO BEANS, LETTUCE, CHEESE, ONIONS, OLIVES, SOUR CREAM, GUACAMOLE & SALSA) BROWN SPANISH RICE PINEAPPLE	SWEET & SOUR PORK 12 OVER BROWN RICE SUGAR SNAP PEAS MIXED GREEN SALAD W/TOMATO & CARROTS CHOW MEIN NOODLES WW ROLL MANDARIN ORANGE SLICES	CHICKEN FETTUCCINI ALFREDO 13 ITALIAN GREEN BEANS CAESAR SALAD W/TOMATO WW GARLIC BREAD STICKS APRICOT CUP
CHEF SALAD 16 (TURKEY, HAM, MIXED GREENS, EGG, CHEESE, TOMATO) CARROT STICKS WW ROLL WW CRACKERS STRAWBERRIES	3 BEAN TURKEY CHILI 17 (BLACK, PINTO & KIDNEY) BAKED POTATO GREEN BEANS CORN BREAD MIXED BERRIES	OVEN ROASTED CHICKEN 18 GARDEN VEGGIE BLEND SCALLOPED POTATOES WW BISCUIT FRUIT SALAD	PORK CHILI VERDE 19 W/WW FLOUR TORTILLAS SPINACH SALAD W/TOMATO & CARROTS PEAS & CARROTS BROWN RICE PEARS  <b>BROWN BAG</b>	<b>BIRTHDAY CELEBRATION!!!</b> 20 <b>**SENIOR HEALTH FAIR**</b> ROAST BEEF W/GRAVY CALIFORNIA MIXED VEGGIES MASHED POTATOES WW ROLL PINEAPPLE CAKE & ICE CREAM
BBQ CHICKEN 23 PEAS & CARROTS SPINACH SALAD W/TOMATO & CARROTS WW BISCUIT BROWN RICE PILAF APRICOT CUP	KITCHEN SINK SALAD 24 (COLBY-MONTEREY JACK CHEESE, CHOPPED HAM, TURKEY, CARROTS, CELERY, APPLE, PINEAPPLE & TOMATO) WW CRACKERS WW BREAD PINEAPPLE	CALIFORNIA CHICKEN 25 (JACK CHEESE, TOMATO, AVACADO) BROCCOLI SALAD RED POTATOES WW ROLL STRAWBERRIES	PORK CHOP 26 MASHED POTATOES CALIFORNIA MIXED VEGGIES WW ROLL APPLESAUCE	SPAGHETTI W/MEAT SAUCE 27 & MUSHROOMS GREEN BEANS SPINACH SALAD W/TOMATO & CARROTS WW GARLIC BREAD STICKS CITRUS FRUIT CUP
OFFICE CLOSED- MEMORIAL DAY 30 	CHICKEN MARSALA 31 OVER NOODLES ITALIAN VEGGIE BLEND CARROT, APPLE & RAISIN SALAD WW ROLL PINEAPPLE		<b>For reservations, please call the nutrition line directly at: 209-742-7182</b>	<b>8 OUNCES OF 1% MILK OFFERED AT EACH MEAL</b>



= > 750 mg Sodium

**PLEASE CALL 209-742-7182 FOR RESERVATIONS BEFORE 10:30 AM—MEAL SERVICE @ 12:00 PM**

FUNDED BY YOUR CONTRIBUTIONS\*\*\*\*\*AREA 12 AGENCY ON AGING SENIOR FEE WITHOUT COMPLETED INTAKE & NON-SENIOR FEE \$6.00

**SUGGESTED CONTRIBUTION FOR SENIORS \$4.00 WITH COMPLETED INTAKE- NO ELIGIBLE SENIOR WILL BE TURNED AWAY FOR INABILITY TO CONTRIBUTE**