

MARIPOSA SENIOR ACTIVITY CENTER MEALS FOR AUGUST 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
HAMBURGER 1 W/LETTUCE, TOMATO, ONION ON A WW BUN BROCCOLI SALAD SEASONED POTATO WEDGES MIXED MELON CUBES	CHIPOTLE FISH W/LEMON 2 BRUSSEL SPROUTS GREEN PEPPER SLAW QUINOA WW BREAD CITRUS FRUIT CUP	CHICKEN ENCHILADA CASSEROLE 3 MEXICALI CORN MIXED GREEN SALAD W/TOMATO & CARROTS BROWN SPANISH RICE GRAPES	PORK CHILI VERDE 4 W/WWW FLOUR TORTILLAS REFRIED BEANS PEAS & CARROTS CILANTRO LIME BROWN RICE PEARS BROWN BAG	CHICKEN FAJITA 5 FAJITA VEGGIE BLEND BLACK BEANS W/RED BELL PEPPERS BROWN SPANISH RICE WW TORTILLA WATERMELON CUBES
PULLED PORK SANDWICH 8 ON A WW BUN CARROTS SWEET POTATO FRIES TROPICAL FRUIT CUP	CHINESE CHICKEN SALAD 9 W/LETTUCE, CABBAGE, MANDARIN ORANGES & CHOW MEIN NOODLES CELERY STICKS FORTUNE COOKIE WW ROLL	ROAST BEEF W/GRAVY 10 MASHED POTATOES PACIFIC BLEND VEGGIES WW ROLL MIXED MELON CUBES	COLD TURKEY SANDWICH 11 ON A WW BUN W/LETTUCE, TOMATO & CRANBERRY SAUCE SPINACH SALAD W/MANDARIN ORANGE SLICES WW ROLL GRAPES	<u>BIRTHDAY CELEBRATION!!!!</u> 12 MEATLOAF RED POTATOES LIMA BEANS CORN BREAD MIXED BERRIES CAKE & ICE CREAM
CHICKEN SALAD 15 (BED OF MIXED GREENS W/TOMATOS AND CUCUMBERS) CELERY STICKS PASTA SALAD CROISSANT APPLE SLICES	KITCHEN SINK SALAD 16 (CHOPPED HAM, TURKEY, CARROTS, CELERY, APPLE AND PINEAPPLE) CROISSANT WW CRACKERS	ROASTED CHICKEN 17 GARDEN VEGGIE BLEND SPINACH SALAD W/TOMATO & CARROTS BROWN RICE PILAF WW ROLL MIXED BERRIES	PORK CARNITAS TACO 18 BLACK BEANS CABBAGE SALAD CILANTRO LIME BROWN RICE APRICOT CUP BROWN BAG	CHEESE RAVIOLI 19 W/MARINARA SAUCE ITALIAN VEGGIE BLEND CAESAR SALAD W/TOMATO WW GARLIC BREAD GRAPES
CHICKEN CACCIATORE 22 W/ SEASONED PASTA ITALIAN VEGGIE BLEND SPINACH SALAD W/TOMATO & CARROTS WW GARLIC BREAD CITRUS FRUIT CUP	SWISS STEAK W/GRAVY 23 MASHED POTATOES GREEN BEANS WW ROLL WATERMELON CUBES	BAKED SALMON 24 W/LEMON WEDGE BAHAMA BLEND VEGGIES SPINACH SALAD W/CRANRAISINS QUINOA PILAF WW ROLL GRAPES	SPAGHETTI W/MEATBALLS 25 MIXED GREEN SALAD W/CUCUMBERS & CARROTS PEAS & CORN WW GARLIC BREAD STICKS MIXED MELON CUBES	BBQ PORK RIBS 26 SCALLOPED POTATOES 3 BEAN SALAD CORN BREAD STRAWBERRIES
PORK CHOP 29 MASHED POTATOES MIXED GREEN SALAD W/TOMATO & CARROTS WW ROLL APPLESAUCE	CHEF SALAD 30 (TURKEY, HAM, MIXED GREENS, EGG, TOMATO, CARROTS) ZUCCHINI STICKS CROISSANT WW CRACKERS CANTALOUPE	CHICKEN CORDON BLEU 31 BAKED POTATO BROCCOLI SALAD CRANBERRY ORANGE MUFFIN APRICOT CUP	For reservations call: 742-7182 before 10:30am	
				8 OUNCES OF 1% MILK OFFERED AT EACH MEAL



= > 750 mg Sodium

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

**FUNDED IN PART BY AREA 12 AGENCY ON AGING & YOUR CONTRIBUTIONS - SUGGESTED CONTRIBUTION FOR IS SENIORS \$4.00 WITH COMPLETED INTAKE
NON-SENIOR FEE IS \$6.00 - NO ELIGIBLE SENIOR WILL BE TURNED AWAY FOR INABILITY TO CONTRIBUTE**