







# MARIPOSA SENIOR ACTIVITY CENTER

## MEALS FOR NOVEMBER 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	CHICKEN CORDON BLEU 1 MIXED GREEN SALAD W/CABBAGE & CARROTS GARDEN TRIO VEGGIES WW ROLL LONG GRAIN & WILD RICE APPLE SLICES	BBQ CHICKEN 2 PEAS & CARROTS RED POTATOES CORNBREAD BROWN RICE & BARLEY MIXED BERRIES	CHINESE CHICKEN SALAD 3 ZUCCHINI STICKS WW ROLL WW CRACKERS MANDARIN ORANGES FORTUNE COOKIE  <b>BROWN BAG</b>	TAMALE PIE 4 MIXED GREEN SALAD W/TOMATO & CARROTS YELLOW & GREEN SQUASH WW ROLL BANANA
PORK CHILI VERDE 7 BLACK BEAN & CORN SALAD CARROTS WW ROLL BROWN SPANISH RICE PINEAPPLE & MANDARIN ORANGES	BAKED SALMON W/LEMON 8 SPINACH SALAD W/TOMATO & CARROTS PEAS & CARROTS WW ROLL QUINOA PILAF PEARS	BEEF FAJITA BOWL 9 FAJITA VEGGIE BLEND BLACK BEANS WW FLOUR TORTILLA CILANTRO LIME BROWN RICE FESTIVAL FRUIT	<b>VETERAN CELEBRATION!!!!!!!</b> 10 ROAST BEEF W/GRAVY MASHED POTATOES GARDEN TRIO VEGGIE BLEND WW ROLL BANANA  	OFFICE CLOSED- COUNTY HOLIDAY 11  
ZITI PASTA W/MEAT SAUCE 14 MIXED GREEN SALAD W/TOMATO & CARROTS PACIFIC VEGGIE BLEND WW ROLL CALI MIXED FRUIT	MEATLOAF 15 COUNTY VEGGIE BLEND RED POTATOES WW GARLIC BREAD STICKS STRAWBERRIES	CALIFORNIA CHICKEN 16 GARDEN VEGGIE BLEND SCALLOPED POTATOES WW BREAD STICKS BROWN RICE MIXED FRUIT	SWEET AND SOUR PORK 17 ASPARAGUS GARDEN TRIO VEGGIE BLEND WW ROLL BROWN RICE PINEAPPLE & MANDARIN ORANGES  <b>BROWN BAG</b>	CHIPOTLE FISH W/LEMON 18 MIXED GREEN SALAD W/TOMATO & CARROTS PACIFIC VEGGIE BLEND WW ROLL BROWN RICE PILAF APPLE SLICES
PORK CARNITAS TACO 21 CABBAGE SALAD BLACK BEANS CORN TORTILLA CILANTRO LIME BROWN RICE PEACHES	CHEF SALAD 22 ZUCCHINI STICKS CORNBREAD WW CRACKERS ORANGE WEDGES	<b>BIRTHDAY CELEBRATION!!</b> 23 ROAST TURKEY BREAST MASHED POTATOES W/GRAVY GREEN BEANS WW ROLL CORNBREAD STUFFING MIXED BERRIES PUMPKIN PIE & ICE CREAM  	OFFICE CLOSED- COUNTY HOLIDAY 24  	OFFICE CLOSED- COUNTY HOLIDAY 25  
OVEN ROASTED CHICKEN 28 SPINACH SALAD W/TOMATO & CARROTS PEAS, CARROTS & CORN WW ROLL BROWN RICE CITRUS FRUIT CUP	GINGER PORK PENNE 29 W/DRIED TOMATOES MIXED GREEN SALAD W/TOMATO & CARROTS PACIFIC VEGGIE BLEND WW ROLL RED & GREEN GRAPES	CHICKEN TACO SALAD 30 PINTO BEANS WW CRACKERS BROWN SPANISH RICE FESTIVAL FRUIT	<b>Call by 10:30am to make a reservation at 742-7182</b>	<b>8 OUNCES OF 1% MILK Or Fat Free CHOCOLATE MILK OFFERED AT EACH MEAL</b>



= > 750 mg Sodium

**PLEASE CALL 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 SENIORS IS \$4.00 WITH COMPLETED INTAKE  
NON-SENIOR FEE \$6.00 - NO ELIGIBLE SENIOR WILL BE TURNED AWAY FOR INABILITY TO CONTRIBUTE**