






MARIPOSA SENIOR ACTIVITY CENTER

MEALS FOR DECEMBER 2023



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8 OUNCES OF 1% MILK OFFERED AT EACH MEAL		<p style="font-size: small;">H A P P Y</p> 	For reservations, please call (209) 742-7182	BAKED SALMON 1 W/LEMON WEDGE SCALLOPED POTATOES CARROTS WW ROLL APPLE SLICES
MEATLOAF 4 RED POTATOES COUNTRY VEGGIE BLEND WW ROLL BANANA	CALIFORNIA CHICKEN 5 OVER BROWN RICE PILAF SPINACH SALAD W/CRARAISENS & CARROTS BROCCOLI & CAULIFLOWER WW BREAD STICK ORANGE WEDGES	PORK CARNITAS TACO 6 CABBAGE SALAD BLACK BEANS CILANTRO LIME BROWN RICE APRICOTS	REUBEN SANDWICH 7 ON RYE BREAD PEAS & CARROTS SWEET POTATO FRIES APPLE SLICES  BROWN BAG	CHIPOTLE FISH 8 OVER QUINOA PILAF W/LEMON WEDGE MIXED GREEN SALAD W/TOMATO & CARROTS GREEN BEANS WW ROLL MIXED BERRIES
3 BEAN TURKEY CHILI 11 BAKED POTATO WW ROLL PEACHES & PEARS	GINGER BROCCOLI BEEF 12 OVER BROWN RICE SUGAR SNAP PEAS CORN BREAD TROPICAL FRUIT CUP	CHICKEN POT PIE 13 ITALIAN GREEN BEANS WW ROLL APPLE SLICES	SPAGHETTI W/MEATBALLS 14 & MARINARA SAUCE CAESAR SALAD W/TOMATO & CARROTS ITALIAN VEGGIE BLEND WW GARLIC BREAD FESTIVAL FRUIT	ORANGE GLAZED CHICKEN 15 SPINACH SALAD W/TOMATO & CARROTS BROCCOLI & CAULIFLOWER WW BREAD STICK BROWN RICE MANDARIN ORANGES
TERIYAKI CHICKEN 18 & VEGGIE BOWL WW BREAD BROWN RICE CITRUS FRUIT CUP	LIVER & ONIONS 19 OVER MASHED POTATOES PEAS & CARROTS WW ROLL BANANA	LEMON GARLIC SHRIMP 20 OVER FETTUCCINI NOODLES CARROTS GARDEN VEGGIE BLEND WW GARLIC BREAD STRAWBERRIES	CHICKEN TACO SALAD 21 PINTO BEANS BROWN SPANISH RICE CORN TORTILLA STRIPS CALI MIXED FRUIT BROWN BAG	HOLIDAY CELEBRATION!!! 22 ROSEMARY PORK LOIN OVER LONG GRAIN & WILD RICE MIXED GREEN SALAD W/TOMATO ASPARAGUS WW ROLL MIXED FRUIT APPLE PIE & ICE CREAM
OFFICE CLOSED- COUNTY HOLIDAY 25 	GINGER PORK PENNE 26 BRUSSEL SPROUTS CALI VEGGIE BLEND WW ROLL APPLE SLICES	TAMALE PIE 27 MIXED GREEN SALAD W/TOMATO & CARROTS BLACK BEANS WW ROLL BANANA	CHICKEN FAJITA BOWL 28 PINTO BEANS CILANTO LIME BROWN RICE WW FLOUR TORTILLA ORANGE WEDGES 	BEEF TIPS 29 PEAS & CARROTS ROASTED RED POTATOES WW ROLL PEACHES & PEARS



= > 760 mg Sodium

PLEASE CALL FOR RESERVATIONS BEFORE 10:30 AM—MEAL SERVICE @ 12:00 PM to 12:45 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**