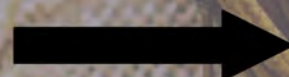


# ANNOUNCEMENT

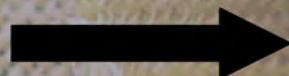
Mark Twain Medical Center is the new provider for the senior congregate nutrition program in Calaveras County.

**MURPHYS' SENIOR CENTER**  
65 MITCHLER AVENUE  
MURPHYS, CA 95247



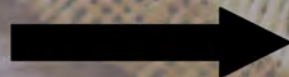
**Tuesdays 11:00am-1:00pm**  
Lunch Served at 12pm

**BURSON OLD FIRE STATION**  
3624 N. BURSON ROAD.  
BURSON, CA 95225



**Wednesdays 10:30am-1:00pm**  
Lunch Served at 12pm

**JENNY LIND VETERAN'S MEMORIAL**  
189 PINE STREET  
VALLEY SPRINGS, CA 95252



**Thursdays 11:00am-1:00pm**  
Lunch Served at 12pm

This program is partially funded by Area 12 Agency on Aging & Mark Twain Medical Center Foundation. Suggested contributions of \$4.00 per person. However, no eligible individual will be denied services because of an inability to contribute. Must be 60+ to participate.




**Dignity Health™**  
Mark Twain Medical Center

FOR MORE INFORMATION PLEASE  
CALL MARK TWAIN MEDICAL CENTER  
(209) 754-6118





**COMMUNITY SERVICES—Mark Twain Medical Center  
MEALS FOR JULY 2019**

MONDAY	TUESDAY Murphy's	WEDNESDAY Burson	THURSDAY Valley Springs	FRIDAY
1	2 Chicken Baked Chicken w/LS Country Gravy Garden Salad Mashed Potatoes Fruit Salad Dinner Roll	3 Chicken Baked Chicken w/LS Country Gravy Garden Salad Mashed Potatoes Fruit Salad Dinner Roll	<b>CLOSED HOLIDAY</b> 4 	5
8	9 Pasta with Meatballs Garden Salad Sauté Squash Orange Quarters Multi Grain Garlic Bread	10 Pasta with Meatballs Garden Salad Sauté Squash Orange Quarters Multi Grain Garlic Bread	11 Roasted Turkey w/LS Gravy & Cranberry Relish Corn Bread Dressing Garden Salad Green Beans Orange Quarters Whole Wheat Dinner Roll	12
15	16 Meatloaf W/LS Gravy Garden Salad Mashed Potatoes Pears Whole Wheat Dinner Roll ***Birthday Celebration***	17 Meatloaf W/LS Gravy Garden Salad Mashed Potatoes Pears Whole Wheat Dinner Roll ***Birthday Celebration***	18 Chicken Parmesan w/Garlic Pasta Garden Salad Corn Pears Whole Wheat Bread ***Birthday Celebration***	19
22	23 Chicken Fajitas w/Tortilla Garden Salad Black Beans & Corn Brown Spanish Rice Apple Sour Cream & Salsa	24 Chicken Fajitas w/Tortilla Garden Salad Black Beans & Corn Brown Spanish Rice Apple Sour Cream & Salsa	25 Cheese Stuffed Ravioli w/Alfredo Sauce Garden Salad Grilled Broccoli & Cauliflower Apple Multi Grain Garlic Bread	26
29	30 Hot Roast Beef Sandwich w/LS Gravy on Whole Wheat Bread Garden Salad Mashed Potatoes Cantaloupe/Honeydew	31 Hot Roast Beef Sandwich w/LS Gravy on Whole Wheat Bread Garden Salad Mashed Potatoes Cantaloupe/Honeydew		8 OUNCES OF Fat Free MILK OFFERED AT EACH MEAL



= > 750 mg Sodium

**MEAL SERVICE @ 12:00 PM**  
**FUNDED BY YOUR DONATIONS\*\*\*\*\*AREA 12 AGENCY ON AGING**  
**SUGGESTED SENIOR DONATION \$4.00-----NON-SENIOR FEE \$6.00**