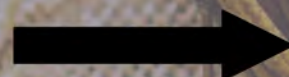


ANNOUNCEMENT

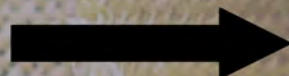
Mark Twain Medical Center is the new provider for the senior congregate nutrition program in Calaveras County.

MURPHYS' SENIOR CENTER
65 MITCHLER AVENUE
MURPHYS, CA 95247



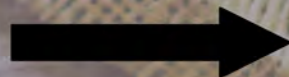
Tuesdays 11:00am-1:00pm
Lunch Served at 12pm

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	CLOSED HOLIDAY 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



MARK TWAIN MEDICAL CENTER MEALS FOR AUGUST 2019

MONDAY	TUESDAY - MURPHY'S	WEDNESDAY - BURSON	THURSDAY - V.S	FRIDAY
RESERVATIONS REQUIRED: Please call the reservation line directly at: 754-6118		8 OUNCES OF NON-FAT MILK OFFERED AT EACH MEAL	HAWAIIAN CHICKEN & VEGETABLE OVER COCONUT BROWN RICE GARDEN SALAD MANDARIN ORANGES WHOLE WHEAT ROLL 1	2
5	CHICKEN BAKED CHICKEN WITH COUNTRY GRAVY GARDEN SALAD FRESH MASHED POTATOES FRUIT SALAD WHOLE WHEAT BREAD CORN MUFFIN 6	CHICKEN BAKED CHICKEN WITH COUNTRY GRAVY GARDEN SALAD FRESH MASHED POTATOES FRUIT SALAD WHOLE WHEAT BREAD CORN MUFFIN 7	SPAGHETTI CASSEROLE GARDEN SALAD ROASTED BROCCOLI & CAULIFLOWER FRUIT SALAD MULTI-GRAIN GARLIC BREAD 8	9
12	SWEDISH MEATBALLS OVER NOODLES GARDEN SALAD SAUTE GREEN BEANS PEACHES WHOLE WHEAT BREAD BIRTHDAY CAKE 13	SWEDISH MEATBALLS OVER NOODLES GARDEN SALAD SAUTE GREEN BEANS PEACHES WHOLE WHEAT BREAD BIRTHDAY CAKE 14	CHICKEN & BISCUITS GARDEN SALAD SAUTE SQUASH PEACHES WHOLE WHEAT BISCUIT BIRTHDAY CAKE 15	16
19	CHICKEN FAJITAS WITH TORTILLA, SOUR CREAM & SALSA GARDEN SALAD BLACK BEANS AND CORN BROWN SPANISH RICE ORANGE WEDGES 20	CHICKEN FAJITAS WITH TORTILLA, SOUR CREAM & SALSA GARDEN SALAD BLACK BEANS AND CORN BROWN SPANISH RICE ORANGE WEDGES 21	CHICKEN LASAGNA GARDEN SALAD SAUTE GREEN BEANS ORANGE WEDGES MULTI-GRAIN GARLIC BREAD 22	23
26	CHERRY, APPLE AND ROSEMARY GLAZED PORK GARDEN SALAD SCALLOPED POTATOES BANANA WHOLE WHEAT BREAD BRAN MUFFIN 27	CHERRY, APPLE AND ROSEMARY GLAZED PORK GARDEN SALAD SCALLOPED POTATOES BANANA WHOLE WHEAT BREAD BRAN MUFFIN 28	POT ROAST & GRAVY GARDEN SALAD FRESH MASHED POTATOES BANANA WHOLE WHEAT ROLL BLUEBERRY MUFFIN 29	30






= > 750 mg Sodium

MEAL SERVICE @ 12:00 PM

FUNDED BY YOUR CONTRIBUTIONS, MARK TWAIN MEDICAL CENTER FOUNDATION AND AREA 12 AGENCY ON AGING. SUGGESTED CONTRIBUTION FOR SENIORS \$4.00.....NON-SENIOR OR GUEST FEE \$6.00

**MARK TWAIN MEDICAL CENTER
MEALS FOR SEPTEMBER 2019**

MONDAY	TUESDAY MURPHY'S	WEDNESDAY BURSON	THURSDAY VALLEY SPRINGS	FRIDAY
2 	3 HAWAIIAN CHICKEN & VEGETABLES OVER COCONUT BROWN RICE GARDEN SALAD MANDARIN ORANGES WHOLE WHEAT ROLL	4 HAWAIIAN CHICKEN & VEGETABLES OVER COCONUT BROWN RICE GARDEN SALAD MANDARIN ORANGES WHOLE WHEAT ROLL	5 CHICKEN BAKED CHICKEN & GRAVY GARDEN SALAD MASHED POTATOES MANDARIN ORANGES WHOLE WHEAT BREAD CORN MUFFIN	6
9	10 CHICKEN & BISCUITS GARDEN SALAD MASHED POTATOES TROPICAL FRUIT SALAD WHOLE WHEAT BREAD	11 CHICKEN & BISCUITS GARDEN SALAD MASHED POTATOES TROPICAL FRUIT SALAD WHOLE WHEAT BREAD	12 POT ROAST & GRAVY GARDEN SALAD MASHED POTATOES TROPICAL FRUIT SALAD WHOLE WHEAT BREAD BRAN MUFFIN	13
16	17 CHICKEN LASAGNA WITH WHITE SAUCE GARDEN SALAD SAUTE GREEN BEANS ORANGE WEDGES MULTI GRAIN GARLIC BREAD <u>BIRTHDAY CELEBRATION!!!</u>	18 CHICKEN LASAGNA WITH WHITE SAUCE GARDEN SALAD SAUTE GREEN BEANS ORANGE WEDGES MULTI GRAIN GARLIC BREAD <u>BIRTHDAY CELEBRATION!!!</u>	19 CHEESE STUFFED RAVIOLI WITH ALFREDO SAUCE GARDEN SALAD SAUTE SQUASH ORANGE WEDGES MULTI GRAIN GARLIC BREAD <u>BIRTHDAY CELEBRATION!!!</u>	20
23	24 SPAGHETTI CASSEROLE GARDEN SALAD CORN APPLE MULTI GRAIN GARLIC BREAD	25 SPAGHETTI CASSEROLE GARDEN SALAD CORN APPLE MULTI GRAIN GARLIC BREAD	26 CHICKEN FAJITAS W/SOUR CREAM & SALSA SPANISH BROWN RICE GARDEN SALAD BLACK BEANS & CORN APPLE TORTILLA	27
30  => 750 mg Sodium		8 OUNCES OF Fat Free MILK OFFERED AT EACH MEAL		RESERVATIONS REQUIRED: Please call the reservation line directly at: 754-6118

MEAL SERVICE @ 12:00 PM

**FUNDED BY YOUR CONTRIBUTIONS, MARK TWAIN MEDICAL CENTER FOUNDATION AND AREA 12 AGENCY ON AGING.
SUGGESTED CONTRIBUTION FOR SENIORS \$4.00.....NON-SENIOR OR GUEST FEE \$6.00**