

MARCH

Amador Senior Center
Lunch Menu
Doors Open at 11:00AM
Serving From 11:30PM-12:30PM
Milk, Coffee, and/or Tea Is Available
With Each Meal

Monday	Tuesday	Wednesday	Thursday	Friday
2 Tamale Pie w/ Black Beans & Corn, Mixed Green Salad, Fruit Salad, and Wheat Roll	3 Green Chili Quiche, Sauted Zucchini, Mixed Green Salad, Peaches and Wheat Roll	4 Beef Enchaladas, Spanish Rice, Refried Beans, Mixed Green Salad, and Pears	5 Beef Stroganoff w/ Egg Noodles, Peas, Mixed Green Salad, Banana and Wheat Roll	6 Baked Cod, Brown Rice, Carrots, Mixed Green Salad, Pineapple and Wheat Roll
9 BBQ Ribs, Rosemary Roasted Potatoes, Corn, Mixed Green Salad, Fruit Salad, and Cornbread	10 Liver and Onions, Mashed Potatoes w/ Gravy, Carrots, Mixed Green Salad, Pears, and Wheat Roll	11 Meatloaf, Mashed Potatoes w/Gravy, Coleslaw, Ca. Blend Veggies, Banana, and whole Wheat Roll	12 Chicken Enchaladas, Refried Beans, Spanish Corn, Mixed Green Salad, Peaches and Wheat Roll	JACKSON  13 Steak, Roasted Potatoes, Green Beans, Spinich Salad, Mandrin orange, and Wheat Roll
16 Shepard's Pie, Mixed Green Salad, Oranges and Wheat Roll	17 Corned Beef -N- Cabbage, Boiled Potatoes, Mixed Green Salad, Spiced Baked Apple and Wheat Roll	PLYMOUTH  18 Classic French Chicken w/ Egg Noodle, Green Beans, Mixed Green Salad, Baked Pear, and Wheat Roll	IONE  19 Pot Roast w/ Potatoes and Carrots, & Gravy, Mixed Green Salad, Banana, and Wheat Roll	20 Chicken a la King, Brown Rice, Grilled Zucchini, Spinich Salad, Pineapple, and Wheat Roll
23 Chicken Fajitas w/Pico de Gallo & Fajita Veggie Blend, Spanish Rice, Mixed Green Salad, and Apricots	24 Split Pea Soup w/Ham, Salad Bar, Peaches, Wheat Roll, and Crackers	25 Baked Pork Chops, Mashed Potatoes, Honey Glazed Carrots, Mixed Green Salad, Apple, and Wheat Roll	26 Herbed Baked Chicken, Brown Rice Pilaf, Corn, Mixed Green Salad, Peaches and Wheat Roll	27 Chicken Baked Steak, Mashed Potatoes w/Gravy, Brussel Sprouts, Spinich Salad, Mandrin Oranges, and Wheat Roll
30 Chicken & Vegetable Stir Fry, Brown Rice, Egg Drop Soup, Mixed Green Salad, Pineapple, and Wheat Roll	31 French Dip w/ Au Jus, Salad Bar, and Peaches	See our Lunch Menu online at www.amadorseniorcenter.org Or www.facebook/AmadorSeniorCenter		

Amador Senior Center Lunch Program Guidelines

60 and over with intake form: \$4 suggested contribution

60 and over without intake form: \$6.00

Under 60 Required to pay:\$6.00

Voluntary contributions are accepted, however,

No eligible individual will be denied services because of an inability to contribute.

