

# SEPTEMBER

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
	1 Tri-Tip, Quinoa w/Roasted Red Peppers, Root Veggies, Beet Salad w/walnuts, Oranges, Cranberry & Oat Muffin	2 Chicken w/Pesto Pasta, Harvest Veggies, Spanish Corn Salad, Peaches & Apple Bran Muffin	3 Lemon Pepper Baked Cod, Lemon Couscous, Corn Succotash, Garden Salad, Banana & Wheat Roll	4 Chicken Cordon Bleu, Broccoli, Garden Salad, Apples, Banana Muffin & Wheat Roll
7 <b>CLOSED</b> <b>LABOR DAY</b>	8 Smothered Pork Chops, Brown Rice, Brussell Sprouts, Garden Salad, Banana & Cornbread Muffin	9 Spaghetti Bolognese, Harvest Veggies, Spanish Corn Salad, Peaches & Apple Bran Muffin	10 BBQ Ribs, Garlic Mashed Potatoes, Cauliflower, Caprese Salad, Pears & Cornbread Muffin	11 Garlic Herb Chicken, Peas, Garden Salad, Apples, Orange Banana Muffin & Wheat Roll
<b>Birthday</b> 14 Mama's Meatloaf, Garlic Mashed Potatoes, Corn Succotash, Beet Salad w/walnuts, Mandrin Oranges & Banana Nut Muffin	15 Stuffed Cabbage, Roasted Potatoes, Brussell Sprouts, Garden Salad, Pears & Honey Wheat Roll	16 Carnitas Taco, Spanish Brown Rice, Harvest Veggies, Caprese Salad, Strawberries & Cornbread Muffin	17 Mahi-Mahi w/Pasta, Cauliflower, Spanish Corn Salad, Peaches & Apple Bran Muffin	18 Chicken Baked Steak, Garlic Mashed Potatoes, Broccoli, Garden Salad, Watermelon & Blueberry Muffin
21 Oven Roasted Chicken, Garlic Mashed Potatoes, Corn Succotash, Beet Salad w/walnuts Mandarin Oranges & Banana Muffin	22 Steak Fajitas w/Onion & Peppers, Spanish Rice, Refried Beans, Brussell Sprouts, Garden Salad, Pears & Wheat Roll	23 Shepard's Pie, Harvest Veggies, Caprese Salad, Cantaloupe & Cornbread Muffin	24 Shrimp Alfredo w/Roasted Mushrooms, Cauliflower, Spanish Corn Salad, Peaches & Apple Bran Muffin	25 Oven Baked Fried Chicken, Garlic Mashed Potatoes, Broccoli, Garden Salad, Orange Slices & Pumpkin Muffin
28 Salisbury Steak w/Gravy, Garlic Mashed Potatoes, Corn Succotash, Beet Salad w/walnuts, Mandrin Oranges & Banana Muffin	29 Honey Garlic Pork Chop, Herb Roasted Potatoes, Brussell Sprouts, Garden Salad, Pears & Wheat Roll	30 Garlic Herb Chicken w/Potatoes, Harvest Vegetables, Caprese Salad, Watermelon & Cornbread Muffin	<b><i>UNTIL FURTHER NOTICE Please call in your reservation by 9:00 am the day of, at (209) 223-0442 ext #2. The Center will only be serving TO-GO lunches at the Jackson Site Mon-Fri. New Clients must fill out an Intake Form.</i></b>	

## Amador Senior Center Lunch Program Guidelines

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

60 and over without intake form: \$6.00 Fee

Under 60 Required to pay:\$6.00

Contributions are Voluntary, with completed Intake Form.

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



# SEPTEMBER WEEKEND

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Lunch Menu  
Doors Open at 11:00AM  
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With Each Meal



Weekend Meals are a combination of both days. Sorry we can not separate the days to be given out. Weekend Lunch contribution is \$8.00. Thank you and we appreciate you and your continued support. The Amador Senior Center Staff.

## SATURDAY

## SUNDAY

5	6
Mediterranean Roast Turkey Wrap, Brown Rice, Brussell Sprouts, Fresh Mixed Berries, & Apple Muffin	BBQ Chicken Breast, Roasted Potatoes, Corn, Garden Salad, Apple Slices, & Apple Muffin
12	13
Beef Enchaladas, Spanish Brown Rice, Honey Carrots, Garden Salad, Peaches, & Wheat Roll	Bistro Steak, Lemon Couscous, Roasted Sweet Potatoes, Garden Salad, Banana, & Wheat Roll
19	20
Chicken Marsala, Garlic Mashed Potatoes, Honey Carrots, Garden Salad, Apple, & Cranberry Nut Muffin	Beef Taco Casserole w/Pasta, Roasted Sweet Potatoes, Garden Salad, Banana, & Wheat Roll
26	27
Chicken Pesto Wrap, Mixed Veggies, Garden Salad, Apple, & Blueberry Muffin	Chicken Salad Wrap, Lemon Couscous, Broccoli, Garden Salad, Banana, & Wheat Roll

### UNTIL FURTHER NOTICE

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**Voluntary contributions are accepted, however, No eligible individual will be denied services because of an inability to contribute.**