



Amador Senior Center
Lunch Menu
Serving From 11:30PM-12:30PM
Milk is Served With Each Meal

Monday	Tuesday	Wednesday	Thursday	Friday
<p><u>UNTIL FURTHER NOTICE</u> 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.</p>				
			1	2
			Chicken Cordon Bleu, Roasted Herb Potatoes, Broccoli, Mozzarella Salad, Pears & Blueberry Muffin	Liver and Onions, Mashed Potatoes, Roasted Squash, Garden Salad, Mandarin Oranges, Banana Muffin
5	6	7	8	9
Smothered Pork Chop, Brown Rice, Roasted Corn, Beet Salad w/walnuts, Pears & Banana Muffin	Chicken Baked Steak w/Gravy, Garlic Mashed Potatoes, Cauliflower, Spinach Salad, Mandarin Oranges & Roll	Baked Salmon w/lemon wedge, Farro, Mixed Veggies, Garden Salad, Peaches & Apple Muffin	Spaghetti Bolognese w/Pasta, Broccoli, Mozzarella Salad, Pineapple and Honey Wheat Roll	Stuffed Cabbage, Couscous, Roasted Squash, Garden Salad, Apricots & Cornbread Muffin
Birthday  12	13	14	15	16
Meatloaf w/Gravy, Mash Potatoes, Roasted Corn, Beet Salad w/Walnuts, Pears & Banana Muffin	Beef Stroganoff, Herb Roasted Potatoes, Cauliflower, Spinach Salad, Mandarin Oranges & Roll	Blackened Salmon w/Lemon Wedge, Farro, Mixed Veggies, Garden Salad, Peaches & Apple Muffin	BBQ Ribs, Garlic Mashed Potatoes, Broccoli, Mozzarella Salad, Pineapple & Roll	Chicken Baked Ziti, Couscous, Roasted Squash, Garden Salad, Apricots & Cornbread Muffin
19	20	21	22	23
Pot Roast, Brown Rice, Roasted Corn, Beet Salad w/walnuts, Pears, Banana Muffin	Shrimp Alfredo w/Pasta, Cauliflower, Spinach Salad, Mandarin Oranges & Roll	Lemon Herb Cod, Farro, Mixed Veggies, Garden Salad, Peaches & Apple Muffin	Oven Roasted Chicken, Lentils, Broccoli, Mozzarella Salad, Pineapple & Roll	Steak w/Mushrooms & Onions, Couscous, Roasted Squash, Garden Salad, Apricots & Cornbread Muffin
26	27	28	29	30
Salmon Florentine, Brown Rice, Roasted Corn, Beet Salad w/walnuts, Pears & Banana Muffin	Chicken Marsala, Garlic Mashed Potatoes, Cauliflower, Spinach Salad, Mandarin Oranges & Roll	Roasted Pork Loin, Farro, Mixed Veggies, Garden Salad, Peaches & Apple Muffin	Sloppy Joe, Baked Steak Fries, Broccoli, Mozzarella Salad, & Pineapple	Pork Carnitas Tacos, Couscous, Roasted Squash, Garden Salad, Apricots & Cornbread Muffin

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.



OCTOBER WEEKEND

Amador Senior Center
Lunch Menu
Serving From 11:30PM-12:30PM
Milk is Served With Each Meal

		SATURDAY	SUNDAY
		3	4
		Turkey Salad Wrap, Brown Rice, Garlic Green Beans, Garden Salad, Peaches, & Roll	Beef Enchilada, Refried Beans, Glazed Carrots, Caesar Salad, Apples, & Blueberry Muffin
PLEASE CALL YOUR REQUEST IN <u>BEFORE THURSDAY AT 9AM.</u>		10	11
Weekend Meals are a combination of both days. Sorry we can not separate the days to be given out. <u>THESE LUNCHES ARE TO BE PICKED UP ON THE FRIDAY BEFORE.</u>		Mahi-Mahi, Quinoa, Garlic Green Beans, Garden Salad, Banana & Roll	Roast Turkey Sandwich, Baked Potatoe Wedges, Glazed Carrots, Caesar Salad, & Apples
Weekend Lunch contribution is \$8.00. Thank you and we appreciate you and your continued support. The Amador Senior Center Staff.		17	18
		Tuna Salad Sandwich, Quinoa, Garlic Green Beans, Garden Salad, & Banana	BBQ Chicken Breast, Roasted Herb Potatoes, Glazed Carrots, Caesar Salad, Apples & Blueberry Muffin
		24	25
		Roast Turkey w/Gravy, Quinoa, Garlic Green Beans, Garden Salad, Banana & Roll	Beef Teriyaki, Brown Rice, Glazed Carrots, Caesar Salad, Apples & Blueberry Muffin
		31	
		Mongolian Beef, Quinoa, Garlic Green Beans, Garden Salad, Banana & Roll	

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Voluntary contributions are accepted, however,

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