



**Amador Senior Center
Lunch Menu**
Serving From 11:30AM-12:30PM
Milk is Served With Each Meal
****Christmas Luncheon pickup time will be between
11:30AM -1:30PM****

Monday		Tuesday		Wednesday		Thursday		Friday	
			1		2		3		4
MENU ITEMS SUBJECT TO CHANGE BASED ON AVAILABILITY		Tri-Tip, Roasted Potatoes, Cauliflower, Salad W/Beets, Apricots & Corn Bread Muffin		Chicken Parmesan W/Pasta, Roasted Corn, Spinach Salad, Banana & Apple Muffin		Beef Lasagna, CousCous, Broccoli, Mozzarella Green Salad, Pears & Blueberry Muffin		Liver and Onions, Mashed Potatoes, Roasted Squash, Garden Salad, Mandarin Oranges & Banana Muffin	
	7		8		9		10		11
Smothered Pork Chop, Brown Rice, Roasted Corn, Green Salad w/Beets, Pears & Banana Muffin		Chicken Baked Steak, Garlic Mashed Potatoes, Cauliflower, Spinach Salad, Mandarin Oranges & Roll		Baked Salmon, Farro, Mixed Veggies, Garden Salad, Peaches & Apple Muffin		Spaghetti Bolognese, Broccoli, Mozzarella Green Salad, Pineapple & Roll		Oven Fried Chicken, Herb Roasted Potatoes, Roasted Squash, Garden Salad, Apricots & Cornbread Muffin	
	14		15		16		17		18
Meatloaf, Mashed Potatoes w/Gravy Roasted Corn, Green Salad w/Beets, Pears & Banana Muffin		Beef Stroganoff w/Mushrooms over Pasta, Cauliflower, Spinach Salad, Mandarin Oranges & Roll		Blackened Salmon, Farro, Mixed Veggies, Garden Salad, Peaches & Apple Muffin		BBQ Ribs, Garlic Mashed Potatoes, Broccoli, Mozzarella Garden Salad, Pineapple & Roll		Chinese BBQ Pork, Fried Brown Rice, Green Peas, Garden Salad, & Honey Wheat Muffin	
	21		22	CHRISTMAS LUNCHEON	23	CENTER CLOSED	24	CENTER CLOSED	25
Oven Roasted Chicken, Brown Rice, Broccoli, Green Salad w/Beets, Pineapple & Banana Muffin		Shrimp Alfredo w/Pasta, Cauliflower, Spinach Salad, Mandarin Oranges & Cornbread Muffin		Prime Rib w/Au Jus, Mashed Potatoes, Green Bean Casserole, Garden Salad, Apricots, Roll & Pumpkin Cheesecake		 <p>WE WOULD LIKE TO WISH YOU AND YOURS A VERY HAPPY HOLIDAY SEASON.</p>			
CENTER CLOSED	28	CENTER CLOSED	29	CENTER CLOSED	30	CENTER CLOSED	31	CENTER CLOSED	
PRECOOKED FROZEN MEAL PICK UP ON 12/23/2020 Roasted Turkey w/Gravy, Quinoa, Roasted Mixed Veggies, Corn, Banana & Roll		PRECOOKED FROZEN MEAL PICK UP ON 12/23/2020 Chicken Marsala, Mashed Potatoes, Roasted Mixed Veggies, Cauliflower, Mandarin Oranges & Roll		PRECOOKED FROZEN MEAL PICK UP ON 12/23/2020 Pineapple Glazed Pork Loin, Farro, Broccoli, Mixed Veggies, Peaches & Apple Muffin		PRECOOKED FROZEN MEAL PICK UP ON 12/23/2020 Yankee Pot Roast, Roasted Herb Potatoes, Garlic Green Beans, & Pineapple			

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.



DECEMBER WEEKEND



**Amador Senior Center
Lunch Menu
Fridays Pick Ups Only
From 11:30AM-12:30PM
Milk is Served With Each Meal**

****MENU ITEMS SUBJECT TO CHANGE BASED ON AVAILABILITY****

**PLEASE CALL YOUR REQUEST IN
BEFORE THURSDAY AT 9AM.**

Weekend Meals are a combination of both days.

Sorry we can not separate the days to be given out.

**THESE LUNCHESES ARE TO BE PICKED UP
ON THE FRIDAY BEFORE.**

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
Turkey Salad Wrap, Potato Wedges, Garlic Green Beans, Garden Salad, Peaches & Roll		Beef Enchilada, Refried Beans, Glazed Carrots, Caesar Salad, Apples & Blueberry Muffin	
	12		13
Mahi-Mahi W/Pineapple Salsa, Quinoa, Garlic Green Beans, garden Salad, Banana & Roll		Roast Turkey Sandwich, Roasted Potatoes, Glazed Carrots, Caesar Salad, Apple & Roll	
	19		20
Tuna Salad Sandwich, Quinoa, Garlic Green Beans, Garden Salad & Banana		BBQ Chicken Breast, Roasted Herb Potatoes, Glazed Caesar Salad, Apple & Blueberry Muffin	
	26		27
CENTER CLOSED		CENTER CLOSED	

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

60 and over without intake form: \$6.00 fee pre meal

Under 60 Required to pay: \$6.00 fee pre meal

Voluntary contributions are accepted, however,

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