

# JANUARY 2021

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

Monday		Tuesday		Wednesday		Thursday		Friday	
								<b>CLOSED</b>	1
**MENU ITEMS SUBJECT TO CHANGE BASED ON AVAILABILITY**									
	4		5		6		7		8
Chicken Pesto w/Pasta Corn Succotash, Spanish Corn Salad, Pineapple, & Apple Bran Muffin		Smothered Pork Chop, Brown Rice, Brussel Sprouts, Green Salad, Banana & Cornbread Muffin		Spaghetti Bolognese, Harvest Veggies, Spanish Corn Salad, Peaches, & Apple Muffin		BBQ Ribs, Garlic Mashed Potatoes, Cauliflower, Caprese Salad, Pears & Combread Muffin		Garlic Herb Chicken, Roasted Potatoes, Broccoli, Garden Salad, Apricots, & Banana Muffin	
	11		12		13		14		15
Meatloaf, Mashed Potatoes w/Gravy Maple Glazed Carrots, Green Salad w/Beets & Walnuts, Pineapple & Banana Muffin		Stuffed Cabbage, Roasted Potatoes, Brussel Sprouts, Garden Salad, Banana, & Wheat Roll		Pork Carnitas Taco, Spanish Brown Rice, Harvest Veggies, Caprese Salad, Peaches, & Cornbread Muffin		Mahi-Mahi, Brown Rice Pilaf, Cauliflower, Spanish Corn Salad, Pears, & Apple Bran Muffin		Chicken Baked Steak, Garlic Mashed Potatoes w/Gravy, Broccoli, Garden Salad, Apricots, & Blueberry Muffin	
<b>CLOSED</b>	18		19		20		21		22
		Steak Fajitas w/Pico de Gallo, Spanish Brown Rice, Spanish Corn, Garden Salad, & Pineapple		Sheperds Pie, Harvest Veggies, Caprese Salad, Peaches, & Combread Muffin		Shrimp Alfredo w/Pasta, Cauliflower, Spanish Corn Salad, Pears & Apple Bran Muffin		Oven Fried Chicken, Roasted Potatoes, Broccoli, Garden Salad, Apricots & Pumpkin Muffin	
	25		26		27		28		29
Salisbury Steak w/Gravy, Garlic Mashed Potatoes, Corn Succotash, Salad w/Beets & Walnuts, Apple, & Banana Muffin		Honey Garlic Pork Chop, Roasted Potatoes, Brussel Sprouts, Garden Salad, Pineapple, & Wheat Roll		Garlic Herb Chicken, Brown Rice, Harvest Veggies, Caprese Salad, Peaches, & Combread Muffin		Oven Roasted Chicken, Herb Roasted Potatoes, Cauliflower, Spanish Corn Salad, Pears, & Apple Bran Muffin		Citrus Glazed Salmon, Garlic Mashed Potatoes, Broccoli, Garden Salad, Apricots, & Blueberry 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.  
 For more information please call our office at 209-223-0442





# JANUARY

## WEEKEND MENU 2021

**Amador Senior Center  
Weekend Lunch Menu**  
WEEKEND MEALS ARE PICKED UP  
ON FRIDAY.  
LUNCH PICK-UP IS BETWEEN  
11:30AM AND 12:30PM  
Served With Each Meal.

Milk is

\*\* MENU ITEMS ARE SUBJECT TO CHANGE BASED ON AVAILABILITY. \*\*

**PLEASE CALL IN YOU WEEKEND LUNCH  
REQUEST BY 9AM  
THE THURSDAY BEFORE.**

- \* Weekend Meals are a combination of both days.
- \* Sorry, we can not separate the days to be given out.

WEEKEND LUNCHES ARE TO BE PICKED UP ON THE  
FRIDAY BEFORE,  
DURING NORMAL LUNCH PICK UP  
TIME OF 11:30AM TO 12:30PM.

- \* Weekend Lunch Client Suggested Contribution is \$8.00
- \* Weekend Non-Client Fee is \$12.00

We would like to say thank you for your continued support  
and  
We appreciate you!

The Amador Senior Center.



Saturday		Sunday	
CLOSED	2	CLOSED	3
		<b>HAPPY NEW YEAR 2021</b>	
Beef Enchailada, Spanish Brown Rice, Veggie Blend, Garden Salad, Mandarin Oranges, & Wheat Roll		Roasted Turkey Sandwich, Roasted Herb Potatoes, Corn, Garden Salad, Apple & Apple Nut Muffin	
		16	17
Chicken Marsala, Roasted Red Potatoes, Veggie Blend, Mandarin Oranges, & Cranberry Muffin		Ground Beef Taco Casserole w/Pasta, Peas, Garden Salad, Banana, & Wheat Roll	
		23	24
Chicken Pesto Wrap, Garlic Mashed Potatoes, Veggie Blend, Garden Salad, Mandarin Oranges, & Blueberry Muffin		Chicken Salad Wrap, Lemon Couscous, Peas, Garden Salad, Banana, & Wheat Roll	
		30	31
Mongolian Beef, Roasted Red Potatoes, Veggie Blend, Garden Salad, Mandarin Oranges, Cranberry Muffin		Tuna Melt, Roasted Herb Potatoes, Corn, Garden Salad, Apple, & Apple Nut Muffin	

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