



**Amador Senior Center**  
**Lunch Menu**  
 Serving From 11:30AM-12:30PM  
 Milk is Served With Each Meal.  
 \*Menu items subject to change based on availability\*\*

Monday		Tuesday		Wednesday		Thursday		Friday	
							1		2
<b>ATTENTION</b> Please call in your reservation by 9:00 am the day of, at (209) 223-0442 ext #1. The Center will only be serving TO-GO lunches at the Jackson Site						Lemon Pepper Cod w/Lemon, Lemon Couscous, Corn Succotash, Garden Salad, Banana & Honey Roll		Chicken Cordon Bleu, Roasted Red Potatoes, Broccoli, Garden Salad, Apple & Banana Wheat Muffin	
	5		6		7		8		9
<b>CENTER CLOSED</b> <b>HAPPY</b> <b>4TH OF JULY!</b>	Smothered Pork Chop, Brown Rice, Brussell Sprouts, Garden Salad, Banana & Cornbread Muffin		Grilled Salmon, Brown Rice, Summer Squash Blend, Caesar Salad, Peaches & Apple Bran Muffin		BBQ Ribs, Garlic Mashed Potatoes, Cauliflower, Caprese Salad, Pears & Cornbread Muffin		Garlic Herb chicken, California Veggie Blend, Garden Salad, Mandarin Oranges, Roll & Banana Muffin		
<b>BIRTHDAY</b>	12		13		14		15		16
Meatloaf w/Gravy, Garlic Mashed Potatoes, Corn Succotash, Beet Salad w/Walnuts, Mandarin Oranges & Banana Muffin		BBQ Chicken, Roasted Sweet Potato Fries, Brussell Sprouts, Garden Salad, Pears & Honey Wheat Roll		Pork Carnitas w/Fixings, Spanish Brown Rice, Zucchini Squash Blend, Caprese Salad, Strawberries & Cornbread Muffin		Mahi-Mahi, Brown Rice Pilaf, Cauliflower, Spanish Corn Salad, Peaches & Apple Muffin		Chicken Baked Steak w/Gravy, Garlic Mashed Potatoes, Broccoli, Garden Salad, Watermelon & Blueberry Muffin	
	19		20		21		22		23
Oven Roasted Chicken, Garlic Mashed Potatoes, Corn Succotash, Beet Salad w/Walnuts, Madarin Oranges & Banana Muffin		Steak Fajitas w/Pico de Gallo, Spanish Brown Rice, Refried Beans, Garden Salad & Pears		Sheppard's Pie, Summer Squash Blend, Caprese Salad, Cantaloupe & Cornbread Muffin		Shrimp Alfredo w/ Pasta, Cauliflower, Spanish Corn Salad, Peaches & Apple Bran Muffin		Oven Fried Chicken, Garlic Mashed Potatoes, Broccoli, Garden Salad, Orange Wedges & Blueberry Muffin	
	26		27		28		29		30
Salisbury Steak w/Gravy, Garlic Mashed Potatoes, Corn Succotash, Beet Salad w/Walnuts, Mandarin Oranges & Banana Muffin		Honey Garlic Pork Chop, Herb Roasted Potatoes, Brussell Sprouts, Garden Salad, Pears & Honey Wheat Muffin		Garlic Herb Chicken, Mashed Potatoes, Zucchini Squash Blend, Caprese Salad, Watermelon & Cornbread Muffin		Tri-Tip, Quinoa w/Lemon & Herbs, Root Veggies, Beet Salad w/Walnuts, Orange Wedges & Cranberry Oat Muffin		Chicken Pesto Pasta, Summer Squash Blend, Spanish Corn Salad, Peaches & Apple Bran 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  
 Follow us on Facebook at [www.facebook.com/AmadorSeniorCenter](http://www.facebook.com/AmadorSeniorCenter)

