



2022

**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		3		4
		Beef Stroganoff w/Pasta, Broccoli, Garden Salad, Banana, & Wheat Roll		Chicken Kabobs, Brown Rice, Green Beans, Green Salad, Peaches, & Wheat Roll		Chicken Enchilada, Refried Beans, Spanish Brown Rice, Caesar Salad, & Pears		Chicken Alfredo, Grilled Winter Squash, Spinach Salad, Apple, & Wheat Roll	
	7		8		9		10		11
Meatloaf, Mashed Potatoes, Corn, Garden Salad, Peaches, & Wheat Roll		Spinach Manicotti, Green Beans, Green Salad, Pineapple, & Garlic Bread		Chicken Cordon Blue, Brown Rice Pilaf, Broccoli, Garden Salad, Mandarin Oranges, & Honey Bran Muffin		Tri-Tip, Cauliflower, Potato Salad, Caesar Salad, Banana, & Wheat Roll		Clam Chowder w/Bread Bowl, Roasted Root Veggies, Garden Salad, & Pears	
	14		15		16		17		18
Chicken Marsala, Roasted Garlic Mashed Potatoes, Grilled Brussel Sprouts, Caesar Salad, Apple & Garlic Bread		Beef Fajitas, Refried Beans, Spanish Brown Rice, Green Salad, & Mandarin Oranges		BBQ Ribs, Roasted Red Potatoes, Cauliflower, Cole Slaw, Banana, & Wheat Roll		Baked Rosemary Herb Chicken, Brown Rice, Carrots, Green Salad, Pears & Wheat Roll		Pork Chops w/Grilled Onions, Brown Rice, Grilled Winter Root Veggies, Garden Salad, Applesauce, Blueberry Muffin	
<b>CLOSED</b>	21		22		23		24		25
		Garlic Herb Baked Chicken, Rice Pilaf, Corn, Garden Salad, Pears & Wheat Roll		Shredded Turkey w/Gravy, Mashed Potatoes, Mixed Veggies, Green Salad, Orange Slices, & Wheat Roll		Chicken Pot Pie, Broccoli, Garden Salad, Banana, & Cornbread		Baked Salmon w/ Lemon, Brown Rice, Grilled Squash, Green Salad, Apple, & Wheat Roll	
	28								
Beef Stew, Brown Rice, Broccoli, Garden Salad, Pears, & Wheat Biscuit.									

**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)

