




**Amador Senior Center  
Congregate 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	
					<b>1</b>		<b>2</b>		<b>3</b>
				Chicken & Brown Rice Casserole, Green Beans, Garden Salad, Sliced Strawberries, & Wheat Roll		Salisbury Steak w/Mushroom Gravy, Mashed Potatoes, Cal Blend Veggies, Green Salad, Peaches, & Cornbread		Grilled Chicken Garden Salad, with broccoli, cauliflower, beets, cucumber, tomatoes, carrots, dried cranberries, Banana & Wheat Roll	
	<b>6</b>		<b>7</b>		<b>8</b>		<b>9</b>		<b>10</b>
Beef Lasagna, Peas & Carrots, Green Salad, Pears, & Wheat Roll		Herb Grilled Chicken, Potato Salad, Honey Carrots, Nectarine, & Wheat Roll		Philly Cheese Steak Sandwich, Baked Steak Fries, Broccoli, Garden Salad, & Pears		Roasted Pork Loin, Roasted Red Potatoes, Roasted Brussel Sprouts, Spinach Salad, Peaches, & Wheat Roll		Baked Salmon w/Pineapple Salsa, Brown Rice Pilaf, Cal Blend Veggies, Caesar Salad, Watermelon, & Wheat Roll	
	<b>13</b>		<b>14</b>	<b>BIRTHDAY</b> <b>15</b>			<b>16</b>		<b>17</b>
Shrimp Scampi w/Pasta, Honey Carrots, Green Salad, Orange Wedges, & Wheat Roll		Beef Enchiladas, Refried Beans, Spanish Brown Rice, Ceasar Salad, & Peaches		Pork Chop w/Mushrooms & onions, Baked Steak Fries, Grilled Summer Squash, Spinach Salad, Apple, & Wheat Roll		BBQ Chicken Breast, Corn, Potato Salad, Coleslaw, Nectarine, & Wheat Roll		Lemon Pepper Cod w/Lemon Slice, Brown Rice Pilaf, Broccoli, Ceasar Salad, Pears, & Wheat Roll	
	<b>20</b>		<b>21</b>		<b>22</b>		<b>23</b>		<b>24</b>
Chicken Cordon Bleu, Herb Potatoes, Roasted Root Veggies, Spinach Salad, Pineapple, & Wheat Roll		Glazed Meatloaf, Mashed Potatoes, Honey Carrots, Garden Salad, Pears, & Wheat Roll		BBQ Ribs, Roasted Red Potatoes, Corn, Coleslaw, Watermelon, & Wheat Roll		Chicken Baked Chicken w/ Country Gravy, Mashed Potatoes, Green Beans, Three Bean Salad, Grapes & Honey Bran Muffin		Beef Fajitas, Refried Beans, Spanish Brown Rice, Green Salad, & Mandarin Oranges	
	<b>27</b>		<b>28</b>		<b>29</b>		<b>30</b>		
Chicken Chili Verde, Refried Beans, Spanish Brown Rice, Ceasar Salad, & Mandarin Oranges		Beef Stuffed Pepper, Baby Carrots, Garden Salad, Nectarine, & Wheat Roll		Chicken Alfredo Pasta, Broccoli Salad, Spinach Salad, Peaches, & Wheat Garlic French Bread		Baked Halibut w/Lemon, Grilled Asparagus, Brown Rice Pilaf, Green Salad, Sliced Strawberries, & Wheat Roll			

### Amador Senior Center Congregate Lunch Program Guidelines

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

60 and over without intake form: \$7.00 Fee

Under 60 Required to pay:\$7.00

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

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Laughton Ranch Catering \* Bobbi 209-419-2000