

JULY 2022

**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
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				Garlic Baked Cod w/Lemon Slice, Herb Risotto, Spinach, Caesar Salad, Pears, & Wheat Roll
CLOSED	4	5	6	7
	Honey Mustard Chicken, Brown Rice, Grilled Asparagus, Green Salad, Cantaloupe, & Wheat Roll	BBQ Ribs, Roasted Red Potatoes, Corn, Broccoli Salad, Watermelon, & Wheat Roll	Chicken Alfredo, Peas & Carrots, Caesar Salad, Grapes, Garlic Wheat French Bread	Grilled Tuna Steak, w/Pineapple Salsa, Brown Rice, Cauliflower, Spinach Salad, Sliced Strawberries, & Wheat Roll
11	12	BIRTHDAY	13	14
Baked Pork Loin, Scalloped Potatoes, Cauliflower, Green Salad, Applesauce, & Wheat Roll	BBQ Chicken, Potato Salad, Grilled Asparagus, Nectarine, & Wheat Roll	Glazed Meatloaf, Mashed Potatoes, Honey Carrots, Spinach Salad, Pears, & Wheat Roll	Chicken Chow Mein, Asian Stir Fry Veggies, Fried Brown Rice, Garden Salad, & Mandarin Oranges	Salmon Lemon Caper, Brown Rice Pilaf, Grilled Yellow Squash, Green Salad, Sliced Strawberries, & Wheat Roll
18	19	20	21	22
Chicken Cordon Bleu, Roasted Herb Potatoes, Cal Veggies, Spinach Salad, Cantaloupe, & Wheat Roll	Honey Mustard Glazed Pork Loin, Roasted Root Veggies, Brown Rice, Green Salad, Apple Slices, & Wheat Roll	Tri-Tip, Baked Potato, Green Beans, Broccoli Salad, Pears, & Wheat Roll	Cranberry Chicken Walnut Salad Sandwich, Celery & Carrot Sticks, Garden Salad, & Honeydew	Shrimp Scampi w/Pasta, Grilled Asparagus, Baby Beet & Orange Salad, Strawberries, & Wheat Roll
25	26	27	28	29
Rosemary Herb Chicken, Baby Carrots, Brown Rice, 3-Bean Salad, Nectarine, & Blueberry Wheat Muffin	Meat Lasagna, Grilled Yellow Squash, Caesar Salad, Grapes, & Wheat Garlic French Bread.	Baked Pork Chop, Mashed Potatoes, Roasted Sugar Snap Peas, Spinach Salad, Cantaloupe, & Cornbread	Chef Salad, (w/Turkey, Turkey Ham, Egg, Tomato, Carrots, Cucumber, Peas, & Green Onions), Celery Sticks, Orange Wedges, Wheat Roll, & Wheat Crackers	Honey Glazed Salmon, Brown Rice Pilaf, Roasted Brussel Sprouts, Broccoli Salad, Honeydew, & 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