





**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	
						1		2	
						Baked Chicken, Home Fries, Broccoli, Spinach Salad, Watermelon, & Wheat Roll			
CLOSED		5	6	7	8	9			
		Salisbury Steak, Mashed Potatoes, Cali Blend Veggies, Green Salad, Cantaloupe, & Cornbread		Chicken Alfredo, Peas & Carrots, Caesar Salad, Grapes, Garlic Wheat French Bread		Tri-Tip, Corn, Baked Potato, Broccoli Salad, Watermelon, & Cornbread		Salmon, Rice Pilaf, Roasted Brussel Sprouts, Green Salad, Strawberries, & Wheat Roll	
12		13	BIRTHDAY		14	15	16		
Pork Chop Smothered w/Mushrooms & Onions, Herb Risotto, Green Beans, Garden Salad, Pineapple, & Wheat Roll		Cheese Ravioli, Roasted Brussel Sprouts, Brown Rice, Spinach Salad, Pears, & Wheat Roll		Herb Baked Chicken, Baby Carrots, Brown Rice, Green Salad, Honeydew, & Wheat Blueberry Muffin		BBQ Ribs, Roasted Red Potatoes, Corn, Broccoli Salad, Banana, & Wheat Roll		Lemon Pepper Cod, Broccoli, Rice Pilaf, Coleslaw, Peaches, & Wheat Roll	
19		20	21	22	23				
Shrimp Scampi w/Pasta, Napa Cabbage Blend Veggies, Grilled Asparagus, Strawberries, & Wheat Roll		Chicken Chili Verde, Refried Beans, Spanish Rice, Caesar Salad, Mandarin Oranges, & Wheat Tortilla		Glazed Meatloaf, Mashed Potatoes, Honey Carrots, Caesar Salad, Pears, & Wheat Roll		Honey Mustard Pork Loin, Grilled Yellow Squash, Brown Rice, Garden Salad, Apple Slices, & Wheat Roll		Chicken Cordon Bleu, Broccoli, Brown Rice, Spinach Salad, Cantaloupe, & Wheat Roll	
26		27	28	29	30				
Chicken Marsala, Grilled Asparagus, Garlic Mashed Potatoes, Caesar Salad, Cantaloupe, & Garlic Wheat French Bread		Meat Stuffed Bell Pepper, Grilled Yellow Squash, Spinach Salad, Grapes, & Wheat Roll		Chicken Baked Chicken w/Country Gravy, Mashed Potatoes, Green Beans, Garden Salad, Watermelon, & Wheat Roll		Swiss Chicken, Roasted Cauliflower, Rosemary Herb Potatoes, Green Salad, Peaches, & Wheat Roll		Clam Chowder, Broccoli, Caesar Salad, Pears & 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
 Follow us on Facebook at www.facebook.com/AmadorSeniorCenter



Laughton Ranch Catering ✪ Bobbi 209-419-2000