


# OCTOBER 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
<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>
Tamale Pie, Refried Beans, Ceasar Salad, Manarin Oranges, & Wheat Roll	Pork Chop, Scalloped Potatoes, Cali Blend Veggies, Green Salad, Applesauce, & Wheat Roll	Grilled Garlic Herb Chicken, Corn, Herbed Orzo, Broccoli Salad, Pears, & Wheat Roll	Chicken Alfredo, Peas & Carrots, Caesar Salad, Grapes, Garlic Wheat Roll	Salmon w/Pineapple Salsa, Rice Pilaf, Roasted Brussel Sprouts, Green Salad, Strawberries, & Wheat Roll
<b>10</b>	<b>11</b>	<b>BIRTHDAY 12</b>	<b>13</b>	<b>14</b>
Smothered Pork Chop, Scalloped Potatoes, Green Beans, Spinach Salad, Pineapple, & Wheat Roll	Cheese Ravioli, Cali Veggie Blend, Green Salad, Pears, & Wheat French Bread	Glazed Meatloaf, Mashed Potatoes, Peas & Carrots, Caesar Salad, Apple Slices, & Wheat Roll	Grilled Chicken & Turkey Salad w/cucumbers, carrots, tomato, dried cranberries, egg, radish, red onion, & black olive, Baked Potato, Grapes and Wheat Roll	Fish Taco, Roasted Brussel Sprouts, Rice Pilaf, Garden Salad, & Peaches
<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>
Pulled Pork Sandwich, Green Beans, Garden Salad, & Pineapple.	Roasted Herb Chicken, Roasted Brussel Sprouts, Rosemary Roasted Potatoes, Spinach Salad, Pears & Wheat Roll	BBQ Ribs, Roasted Red Potatoes, Baby Carrots, Green Salad, Mandarin Oranges, & Wheat Roll	Chicken Pot Pie, Corn, Ceasar Salad, Banana, & Wheat Roll	Lemon Baked Cod, Broccoli, Rice, Coleslaw, Peaches, & Wheat Roll
<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>
Chicken Baked Chicken w/Country Gravy, Mashed Potatoes, Green Beans, Ceasar Salad, Banana, & Garlic Wheat French Bread	Sloppy Joes, Baked Steak Fries, Corn, Garden Salad, & Pineapple	Ranch Seasoned Chicken, Herb Roasted Potatoes, Roasted Cauliflower, Green Salad, Peaches, & Wheat Roll	Cranberry Orange Glazed Pork Loin, Root Veggies, Brown Rice, Garden Salad, Mandarin Oranges, & Wheat Roll	Shrimp Scampi w/Pasta, Broccoli, Ceasar Salad, Pears, & Wheat Roll
<b>31</b>				
Flat Iron Steak w/Grilled Mushrooms & Onions, Roasted Cauliflower, Pasta w/Marinara, Green Salad, Peaches, & 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