



**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		3		4	
		Chicken & Rice Cassrole, Broccoli, Veggie Soup, Pears, & Cornbread		Salmon w/Pineapple Salsa, Herb Orzo, Roasted Brussel Sprouts, Green Salad, Strawberries, & Wheat Roll		Philly Cheese Steak, Baked Steak Fries, Ceasar Salad, & Grapes.		Liver & Onions, Mashed Potatoes, Honey Carrots, Garden Salad, Pineapple, & Wheat Roll	
		7		8		9		10	
Polenta with Meat Marinara, Green Beans, Ceasar Salad, Peaches, & Wheat Garlic French Bread		Glazed Meatloaf, Mashed Potatoes, Broccoli, Garden Salad, Banana, & Cornbread		Chicken Chow Main, Asian Stir Fry Veggies, Brown Fried Rice, Asian Cabbage Salad, & Mandrian Oranges		Smothered Pork Chop, Herb Orzo, Cali Blend Veggies, Green Salad, Applesauce, & Wheat Roll			
14		15		16		17		18	
Spinach Manicotti, Brussel Sprouts, Spinach Salad, Pears, & Wheat Roll		Fish Taco w/Pico de Gallo & Avacado Aioli, Black Beans, Spanish Rice, Garden Salad, & Peaches		BBQ Ribs, Mashed Potatoes, Corn, Ceasar Salad, Apple Slices, & Honey Bran Muffin		Roasted Garlic Chicken, Honey Carrots, Rosemary Roasted Potatoes, Spinach Salad, Grapes & Wheat Roll		Pulled Pork Sandwich w/ Cabbage Slaw, Roasted Cauliflower, Garden Salad, & Applesauce.	
21		22		23		24		25	
Lemon Baked Cod, Cauliflower, Rice Pilaf, Green Salad, Apple Slices, & Wheat Roll		Herb Chicken, Honey Carrots, Rosemary Garlic Roasted Potatoes, Ceasar Salad, Grapes & Wheat Roll		Roasted Turkey, Mashed Potatoes w/Gravy, Sweet Potato Caserole, Green Beans, Stuffing, Garden Salad, Cranberry Sauce, Wheat Roll, & Apple Pie					
28		29		30					
Shrimp Scampi w/Pasta, Green Beans, Ceasar Salad, Pears, & Garlic Wheat French Bread		Chicken Pot Pie, Grilled Zucchini, Brown Rice, Garden Salad, Banana, & Wheat Roll		Cranberry Orange Glazed Pork Loin, Herb Orzo, Root Veggies, Spinach 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  
 Follow us on Facebook at [www.facebook.com/AmadorSeniorCenter](http://www.facebook.com/AmadorSeniorCenter)



Laughton Ranch Catering \* Bobbi 209-419-2000