



**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	
						Herb Baked Chicken, Cali Blend Veggies, Herb Roasted Potatoes, Spinach Salad, Orange Wedges, & Wheat Roll		Salmon w/Lemon, Rosemary Orzo, Carrots, Green Salad, Pineapple, & Wheat Roll	
5		6		7		8		9	
Beef Stew w/Veggies, Brown Rice, Caesar Salad, Pineapple, & Wheat Roll		Rosemary Herb Pork Loin, Roasted Sweet Potatoes, Spinach Salad, Peaches, & Wheat Roll		New England Clam Chowder in Bread Bowl, Corn, Green Salad, & Banana		Chicken Chow Mein, Asian Stir Fry Veggies, Fried Brown Rice, Asian Salad, Mandarin Oranges, & Wheat Roll		Mushroom Ravioli in White wine sauce, Broccoli, Caesar Salad, Apple Slices, & Wheat Roll	
12		13		14		15		16	
Chicken & Shrimp Jambalya, Brown Rice, Carrots, Garden Salad, Pineapple, & Wheat Roll		Smothered Pork Chop, Scalloped Potatoes, Cali Blend Veggies, Green Salad, Applesauce, & Wheat Roll		Glazed Meatloaf, Mashed Potatoes, Broccoli, Garden Salad, Banana, & Cornbread		Ranch Chicken, Corn, Rosemary Green Onion Orzo, Caesar Salad, Mandarin Oranges, & Wheat Roll		Spinach Manicotti, Roasted Brussel Sprouts, Spinach Salad, Pears, & Wheat Roll	
19		20		21		22		23	
Yankee Pot Roast, Roasted Red Potatoes, Garden Salad, Pineapple, & Wheat Roll		Chicken Marinara, Grilled Zucchini, Spinach Salad, Blueberries, & Wheat Roll		BBQ Ribs, Potato Wedges, Corn, Caesar Salad, Peaches, Honey Bran Muffin		Lemon Baked Cod, Cali Blend Veggies, Rice Pilaf, Garden Salad, Pears, & Wheat Roll		Baked Ham, Scalloped Potatoes, Green Bean Casserole, Green Salad, Applesauce, Wheat Roll & Bread Pudding	
26		27		28		29		30	
		Philly Cheese Steak Sandwich, Baked Fries, Caesar Salad, & Grapes		Pork Chop, Mashed Potatoes, Broccoli, Spinach salad, Applesauce, & Wheat Roll		Chicken Fajitas, Spanish Brown Rice, Refried Beans, Garden Salad, & Pineapple		Shrimp Scampi Pasta, Green Beans, 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](http://www.facebook.com/AmadorSeniorCenter)



Laughton Ranch Catering ✪ Bobbi 209-419-2000