


JANUARY 2023

**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	
CLOSED	2		3		4		5		6
		Chicken Pot Pie, Grilled Zucchini, Green Salad, Banana, & Wheat Roll		Ranch Chicken, Corn, Rosemary Green Onion Orzo, Caesar Salad, Peaches, & Wheat Roll		Beef Stroganoff w/Pasta, Broccoli, Garden Salad, Pears, & Wheat Roll		Salmon w/Lemon, Rosemary Orzo, Carrots, Spinach Salad, Pineapple, & Wheat Roll	
	9		10		11		12		13
Shrimp Scampi w/Pasta, Green Beans, Spinach Salad, Pears, & Garlic Wheat French Bread		Glazed Meatloaf, Mashed Potatoes, Broccoli, Garden Salad, Banana, & Cornbread		Smothered Pork Chop, Scalloped Potatoes, Corn, Caesar Salad, Applesauce, & Wheat Roll		Chicken Cacciatore, Rosemary Orzo, Roasted Brussel Sprouts, Green Salad, Pineapple, & Wheat Roll		Chicken Enchilada, Spanish Brown Rice, Refried Beans, Caesar & Mandarin Oranges	
CLOSED	16		17		18		19		20
		Salmon w/Pineapple salsa, Rosemary Orzo, Carrots, Spinach Salad, Pineapple, & Wheat Roll		BBQ Ribs, Mash Potatoes, Corn, Caesar Salad, Mandarin Oranges, Honey Bran Muffin		Fish Taco w/Pico de Gallo & Avocado Aioli, Spanish Brown Rice, Black Beans, Green Salad, & Peaches		Honey Baked Chicken Thighs, Roasted Brussel Sprouts, Herb Roasted Potatoes, Spinach Salad, Pears, & Wheat Roll	
	23		24		25		26		27
Chicken Fajitas, Spanish Brown Rice, Black Beans, Garden Salad, & Pears		Pork Chop, Mashed Potatoes, Broccoli, Spinach salad, Applesauce, & Wheat Roll		Chicken Wellington w/Spinach & Mushrooms, Grilled Zucchini, Rosemary Green Onion Orzo, Caesar Salad, & Banana		Lemon Baked Cod, Rice Pilaf, Callie Veggies Blend, Garden Salad, Pineapple, & Wheat Roll		Roasted Herb Chicken, Rosemary Garlic Roasted Potatoes, Honey Carrots, Spinach Salad, Mandarin Oranges, & Wheat Roll	
	30		31						
Pulled Pork Sandwich, Cauliflower, Green Salad, & Mandarin Oranges		Chicken Cordon Bleu, Rice Pilaf, Corn, Spinach 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