







February

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	
				1		2		3	
				Glazed Meatloaf, Mashed Potatoes, Broccoli, Garden Salad, Peaches, & Cornbread		Baked Chicken w/Marinara, Polenta, Grilled Zucchini, Spinach Salad, Blueberries, & Wheat Roll		Salmon w/Lemon, Rosemary Orzo, Carrots, Spinach Salad, Pineapple, & Wheat Roll	
6		7		8		9		10	
Carnitas, Spanish Brown Rice, Refried Beans, Garden Salad, & Mandarin Oranges		Eggplant Parmesan w/Pasta Marinara, Broccoli, Spinach Salad, Blueberries, & Wheat Roll		Honey Baked Chicken Thighs, Roasted Brussel Sprouts, Herb Roasted Potatoes, Spinach Salad, Pears, & Wheat Roll		Swedish Meatballs w/Noodles, Roasted Cauliflower, Garden Salad, Peaches, & Wheat Roll		Lemon Baked Cod, Rice Pilaf, Cali Veggie Blend, Caesar Salad, Pineapple, & Wheat Roll	
13		BIRTHDAY 14		 15		16		17	
Ranch Chicken, Corn, Rosemary Green Onion Orzo, Garden Salad, Pears, & Wheat Roll		BBQ Ribs, Mash Potatoes, Green Beans, Caesar Salad, Mandarin Oranges, & Wheat Roll		Philly Cheese Steak Sandwich, Baked Fries, Green Salad, & Apple Slices		Salmon w/Pineapple Salsa, Rosemary Orzo, Carrots, Spinach Salad, Pineapple, & Wheat Roll		Chicken Marsala, Asparagus, Mashed Potatoes, Caesar Salad, Peaches, & Wheat Roll	
CLOSED 20		21		22		23		24	
		Pork Chop, Mashed Potatoes, Broccoli, Spinach salad, Applesauce, & Wheat Roll		Dijon Chicken, Rosemary Garlic Roasted Potatoes, Honey Carrots, Caesar Salad, Banana, & Wheat Roll		Salad Bar, Minestrone and Butternut Squash Soups, Pears, & Wheat Roll		Shrimp Scampi w/Pasta, Green Beans, Spinach Salad, Pineapple, & Garlic Wheat French Bread	
27		28							
Cranberry Orange Glazed Pork Loin, Root Veggies, Long Grain Wild Rice, Spinach Salad, Tropical Fruit, & Wheat Roll		Chicken Cordon Bleu, Rice Pilaf, Spinach Garden Salad, Mandarin Oranges, & 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

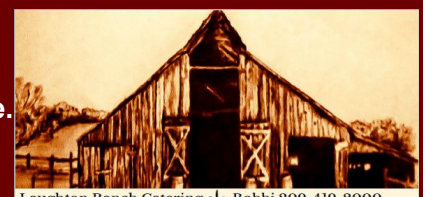
Under 60 Required to pay:\$7.00

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