

March 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	
				Lemon Baked Cod, Roasted Cauliflower, Rice Pilaf, Mixed Green Salad, Apple Slices, & Wheat Roll		Chicken & Veggie Stir Fry, Grilled Zucchini, Bulger Pilaf Mixed Green Salad, Banana, & Wheat Roll		Liver & Onions, Mashed Potatoes, Carrots, Caesar Salad, Pineapple, & Wheat Roll	
 6		7		8		9		10	
Philly Cheese Steak, Baked Steak Fries, Mixed Green Salad, Mandarin Oranges, & Wheat Roll		BBQ Ribs, Corn, Garlic Mashed Potatoes, Caesar Salad, Peaches, & Wheat Roll		Rosemary Roasted Chicken, Roasted Garlic Potatoes, Broccoli, Mixed Green Salad, Tropical Fruit, & Wheat Roll		Salmon w/Pineapple Salsa, Green Beans, Rosemary Green Onion Orzo, Mixed Green Salad, Pineapple, & Wheat Roll		Chicken Fajitas, Refried Beans, Spanish Brown Rice, Spinach Salad, Banana, & Wheat Roll	
13		14		15		16		17	
Glazed Meatloaf, Mashed Potatoes, Grilled Zucchini, Mixed Green Salad, Mandarin Oranges, & Wheat Roll		 Carnitas Taco, Refried Beans, Caesar Salad, & Pineapple		Chicken & Rice Casserole, Herb Red Potatoes, Mixed Veggies, Spinach Salad, Pears, & Wheat Roll		Spinach Manicotti, Roasted Yellow Squash, Mixed Green Salad, Pears, Wheat Roll		Stuffed Bell Pepper, Mixed Veggies, Brown Rice, Spinach Salad, Peaches, & Wheat Roll	
20		21		22		23		24	
Steak, Corn, Baked Potato, Mixed Green Salad, Peaches, & Wheat Roll		Chicken Chow Mein, Stir Fry Veggies, Mixed Green Asian Salad, Mandarin Oranges, & Wheat Roll		Fish Taco, Black Beans, Spanish Brown Rice, Mixed Green Salad, & Kiwi		Shrimp Scampi, Roasted Yellow and Green Squash, Spinach Salad, Pineapple, & Wheat Roll		Chicken Enchilada, Refried Beans, Spanish Brown Rice, Caesar Salad, Tropical Fruit, & Wheat Roll	
27		28		29		30		31	
Chicken Chili Verde, Corn, Spanish Brown Rice, Mixed Green Salad, & Apple Slices		New England Clam Chowder, Broccoli, Mixed Green Salad, Tropical Fruit, & Sourdough Bread Bowl		Pulled Pork Sandwich, Roasted Cauliflower, Spinach Salad, & Orange Wedges		Tri-Tip, Honey Carrots, Rosemary Garlic Potatoes, Mixed Green Salad, Pears, & Wheat Roll		Cranberry Orange Glazed Pork Loin, Wild Rice, Root Veggies, Spinach Salad, Applesauce, & 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