



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		4		5
Chicken Fajitas, Mixed Green Salad, Refried Beans, Tropical Fruit Cup, Spanish Brown Rice, Milk		Polenta with Marinara Meat Sauce, Caesar Salad, Green Beans, Strawberries, Garlic Bread, Milk		Glazed Meatloaf, Spinach Salad, Broccoli, Banana, Wheat roll, Mashed Potatoes, Milk		Smothered Pork Chops, Mixed Green Salad, Veggie Blend, Applesauce, Wheat Roll, Herb Orzo, Milk		Taco Salad, Pinto Beans, Fruit Salad, Tortilla Chips, Spanish Brown Rice, Milk	
	8		9		10		11		12
Shrimp Scampi w/ Pasta, Caesar Salad, Broccoli, Blueberries, Garlic Bread, Milk		Salisbury Steak, Mixed Green Salad, Roasted Cauliflower, Mandarin Oranges, Wheat Roll, Mashed Red Potatoes, Milk		Liver and Onions, Spinach Salad, Grilled Yellow Squash, Tropical Fruit Cup, Wheat Roll, Herb Orzo, Milk		Carnitas Tacos, Mixed Green Salad, Refried Beans, Pears, Spanish Brown Rice, Milk		Baked Cod w/ Lemon, Spinach Salad, Veggie Blend, Peaches, Wheat Roll, Baked Fries, Milk	
	15		16		17		18		19
Salad Bar w/ Chicken, Vegetable Soup, Berry blend, Garlic Bread Stick, Pasta Salad, Milk		Lemon Garlic Chicken Thighs, Mixed Green Salad, Veggie Blend, Tropical Fruit Cup, Wheat Roll, Couscous, Milk		Turkey Pot Pie, Mixed Green Salad, Peaches, Wheat Roll, Milk		BBQ Ribs, Mixed Green Salad, Asparagus, Fruit Salad, Wheat Roll, Macaroni Salad, Milk		Baked Honey Dijon Salmon, Mixed Green Salad, Cabbage Medley, Pineapple, Wheat Roll, Mashed Red Potatoes, Milk	
	22		23		24		25		26
Beef Tips, Spinach Salad, Green Beans, Banana, Wheat Roll, Noodles, Milk		Pork w/ Creamy Herb Sauce, Mixed Green Salad, Carrots, Applesauce, Wheat Roll, Long grain & Wild Rice, Milk		Roasted Turkey w/ Stuffing, Spinach Salad, Brussel Sprouts, Fruit Salad, Wheat Roll, Mashed Potatoes, Milk		Chicken Chili Verde, Carrot and Pineapple Salad, Black Beans, Blueberries, Wheat Roll, Milk		Beef and Spinach Lasagna, Mixed Green Salad, Corn, Peaches, Cilantro Brown Rice, Garlic Bread, Milk	
	29		30		31				
		BBQ Beef Sandwich, Veggies w/ Yogurt Dip, Potato Wedges, Pears, Wheat Roll, Pasta w/ Vegetable Salad, Milk		Baked Chicken, Mixed Green Salad, Honey Carrots, Fruit Salad, Wheat Roll, Steak Fries, Milk					

Amador Senior Center Congregate Lunch Program Guidelines

Meals contain 760mg of sodium or less, unless noted by a saltshaker

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