



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
						Chicken Chile Verde, Caesar Salad, Refried Beans, Mandarin Oranges, Spanish Brown Rice, Milk		Stuffed Bell Pepper, Mixed Green Salad, Green and Yellow Squash, Grapes, Garlic Roll, Milk	
	5		6		7		8		9
Philly Cheese Steak, Mixed Green Salad, Veggie Blend, Grapes, Steak Fries, Milk		Honey Mustard Chicken, Mixed Green Salad, Asparagus, Cantaloupe, Wheat Roll, Roasted Red Potatoes, Milk, <b>***Birthday***</b>		BBQ Ribs, Broccoli Salad, Corn, Orange Wedges, Wheat Roll, Brown Rice, Milk		Glazed Pork Loin, Spinach Salad, Green Beans, Applesauce, Wheat Roll, Mashed Potatoes, Milk		Lemon Baked Cod, Mixed Green Salad, Baby Carrots, Fruit Salad, Wheat Roll, Rosemary Orzo, Milk	
	12		13		14		15		16
Chicken Fajitas, Mixed Green Salad, Refried Beans, Pineapple, Spanish Rice, Milk		Pork Chow Mein, Asian Cabbage Salad, Stir Fry Veggies, Mandarin Oranges, Wheat Roll, Fried Rice, Milk		Glazed Meatloaf, Spinach Salad, Green Beans, Strawberries, Cornbread, Mashed Potatoes, Milk		Cranberry Walnut Chicken Salad Sandwich, Spinach Salad, Celery and Carrot Sticks, Honeydew Melon, Milk		Baked Cod w/ Lemon, Mixed Green Salad, Broccoli, Blueberries, Wheat Roll, Orzo w/ Rosemary and Sundried Tomatoes, Milk	
	19		20		21		22		23
Taco Salad, Pinto Beans, Mixed Berries, Tortilla Chips, Spanish Rice, Milk		Chicken Cordon Blue Casserole, Spinach Salad, Mixed Root Veggies, Apple Slices, Wheat Roll, Roasted Red Potatoes, Milk		Glazed Pork Loin, Mixed Green Salad, Garlic Green Beans, Applesauce, Wheat Roll, Brown Rice, Milk		Salad Bar, Minestrone Soup, Fruit Salad, Garlic Bread Stick, Pasta Salad, Milk		Fish Taco, Caesar Salad, Black Beans, Pineapple and Mango, Spanish Rice, Milk	
	26		27		28		29		30
Cashew Chicken w/ Veggies, Asian Cabbage Salad, Mixed Berries, Wheat Roll, Jasmine Rice, Milk		Pulled Pork Sandwich, Mixed Green Salad, Veggie Blend, Fruit Salad, Steak Fries, Milk		Chicken Caesar Wrap, Banana, Milk		Polenta w/ Marinara Meat Sauce, Caesar Salad, Roasted Green Beans, Stawberries, Garlic Bread, Milk		Teriyaki Chicken Rice Bowl, Mixed Green Salad, Mandarin Oranges, Wheat Roll, Jasmine Rice, 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

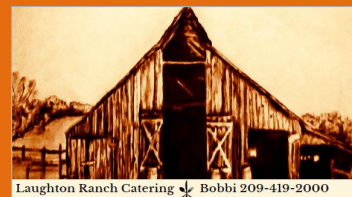
Under 60 Required to pay:\$7.00

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