






SEPTEMBER

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
				Lemon Pepper Cod, Coleslaw, Broccoli, Nectarine, Rice Pilaf, Wheat Roll
	4	5	6	7
	 Taco Salad, Pinto Beans, Cilantro Brown Rice, Tortilla Chips, Fruit Salad	Pork Chile Verde on Wheat Tortilla, Carrot Salad, Black Beans, Spanish Brown Rice, Nectarine	Cabbage Rolls, Spinach Salad, Grilled Yellow Squash, Oranges, Wheat Roll	Roasted Turkey Wrap on Spinach Tortilla, Broccoli Salad, Fruit Salad
	11	12	13	14
Cranberry Glazed Pork Loin, Scalloped Potatoes, Grilled Yellow Squash, Fruit Salad, Wheat Roll	Chicken Baked Chicken w/ Country Gravy, Spinach Salad, Corn, Watermelon, Mashed Potatoes, Wheat Roll	Beef Enchiladas, Pinto Beans, Coleslaw, Oranges, Spanish Brown Rice, Wheat Roll	BBQ Ribs, Mixed Green Salad, California Veggie Blend, Fresh Melon, Steak Fries, Wheat Roll	Teriyaki Chicken, Rice and Veggie Bowl, Mixed Green Salad, Fresh Fruit Salad, Wheat Roll
	18	19	20	21
Shrimp Scampi w/ Pasta, Honey Carrots, Grilled Asparagus, Fruit Salad, Garlic Bread	Chicken Cordon Bleu, Spinach Salad, Broccoli, Cantaloupe, Rice Pilaf, Wheat Roll (Pioneer Birthday Cake)	Liver and Onions, Mixed Green Salad, Sauted Spinach and Mushrooms, Watermelon, Mashed Potatoes, Wheat Roll (Pine Grove Birthday Cake)	Salad Bar, Black Bean Chili, Fresh Berries, Garlic Bread Sticks, Pasta Salad (Jackson, Ione and Delivery Birthday Cake)	Herb BBQ Smoked Chicken, Mixed Green Salad, Roasted Cauliflower, Nectarine, Wheat Bun
	25	26	27	28
Pot Roast w/ Veggies, Red Potatoes, Fruit Salad, Wheat Roll	Glazed Meatloaf, Mixed Green Salad, Corn, Peaches, Mashed potatoes, Cornbread	 Roasted Turkey w/ Country Gravy, Mixed Green Salad, Green Bean Casserole, Pineapple, Sour Cream and Chive Mashed Potatoes, Wheat Roll	Broccoli Beef, Asian Cabbage Salad, Mandarin Oranges, Jasmine Rice, Wheat Roll, Fortune Cookie,	Chicken Fajitas on Wheat Tortilla, Fiesta Corn, Fruit Salad, Spanish Brown Rice

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

Follow us on Facebook at www.facebook.com/AmadorSeniorCenter



Laughton Ranch Catering ✦ Bobbi 209-419-2000