






November 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	
				Roasted Chicken, Spinach Salad, Garlic Brussel Sprouts, Herbed Polenta, Mandarin Oranges, Wheat Bun		Beef Stuffed Cabbage, Caesar Salad, Spinach w/ Peppers, Baked Apples, Wheat Roll		Pork Chile Verde, Green Salad, Black Beans, Fruit Salad, Cilantro Brown Rice, Wheat Tortilla	
6		 7		8		9		10	
Chicken Noodle Casserole, Caesar Salad, Capri Vegetables, Orange Wedges, Wheat Roll		Stuffed Shells w/ Creamy Pesto Sauce Spinach Salad, Garlic Green Beans, Banana, Garlic Bread		BBQ Ribs Coleslaw, Corn, Peaches & Pears, Green Goddess Pasta, Wheat Roll		Honey & Lemon Pepper Salmon, Orzo & Spinach Salad, Summer Squash, Herb Roasted Potatoes, Fruit Salad, Wheat Roll			
13		14		15		16		17	
Pork Carnitas Tacos Black Beans w/ Corn, Fruit Salad, Cilantro Rice		Spaghetti w/ Meatballs Caesar Salad, Italian Vegetables, Sliced Mangos, Garlic Bread Stick		Chicken Baked Chicken , Country Gravy , Garlic Mashed Potatoes, Cucumber Chickpea Salad, Sauted Bell Peppers, Grapes, Wheat Roll		Cod Florentine Green Salad, Grilled Asparagus, Garlic and Spinach Orzo, Oranges, Wheat Roll		Chicken Ranch Wrap Carrots & Celery w/ Yogurt Dip, Mediterranean Pasta, Fruit Salad	
20		HOLIDAY  21		22		23		24	
Yankee Pot Roast w/ Vegetables Green Salad, Fresh Fruit Salad,, Brown Rice, Wheat Roll		Roasted Turkey w/ Gravy Spinach Salad, Garlic Mashed Potatoes, Cranberry Relish, Cornbread Stuffing, Wheat Roll, Pecan Pie Reservation Recommended		Garlic Shrimp w/ Pasta, Green Salad, Sauted Spinach, Mushrooms and Peppers, Melon, Garlic Bread					
		Pioneer Holiday Reservations Needed		Pine Grove & Ione Holiday Reservations Needed					
27		28		29		30			
Fish Tacos w/ Pico de Gallo and Avocado Aioli, Spinach Salad, Coleslaw, Potato Wedges, Fruit Salad		Chicken Cordon Bleu Green Salad, Brussel Sprouts, Brown Rice Pilaf, Pineapple, Wheat Roll		Salad Bar Vegetable Soup, Fresh Berries, Pasta Salad, Garlic Bread Stick		Red Curry Grilled Chicken with Peanut Sauce Green Salad, Summer Squash, Jasmine Rice, Mangos, Wheat Flat Bread			

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

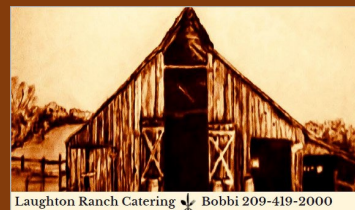
Under 60 Required to pay:\$7.00

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