






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
									Smothered Pork, Spinach Salad, Spinach w/ Mushrooms & Peppers, Cinnamon Applesauce, Sweet Potatoes, Wheat Roll
	4		5		6		7		8
Chicken Fajitas, Caesar Salad, Refried Beans, Fruit Salad, Wheat Tortilla, Spanish Rice		Vegetable Frittata, Green Salad, Capri Vegetables, Pineapple Salad, Garlic and Spinach Orzo, Wheat Roll		Glazed Meatloaf, Mixed Green Salad, Broccoli, Orange Wedges, Rosemary Potatoes, Cornbread		Roasted Chicken, Spinach Salad, Garlic Brussel Sprouts, Mandarin Oranges, Herbed Polenta, Wheat Roll		Fish Taco, Mixed Green Salad, Coleslaw, Fruit Salad, Spanish Brown Rice	
	11		12		13		14		15
Cranberry Pork Loin, Caesar Salad, Roasted Cauliflower, Applesauce, Bulgar Pilaf, Wheat Roll		BBQ Ribs, Mixed Green Salad, Potato Wedges, Peaches & Pears, Green Goddess Pasta, Wheat Roll		Chicken Baked Chicken w/ Country Gravy, Spinach Salad, Corn, Banana, Mashed Potatoes, Wheat Roll		Beef Shepherds Pie, Mixed Green Salad, Maple Brussel Sprouts, Mandarin Oranges, Wheat Roll		Honey & Lemon Pepper Salmon, Spinach & Orzo Salad, Green and Yellow Squash, Fruit Salad, Fingerling Potatoes, Wheat Roll	
	18	<b>HOLIDAY</b> 	19		20		21		22
Rigatoni w/ Meat sauce, Caesar Salad, Italian Vegetables, Fruit Salad, Garlic Bread Stick		Baked Ham, Mixed Green Salad, Green Bean Casserole, Pineapple, Scalloped Potatoes, Wheat Roll, Bread Pudding		Cod Florentine, Mixed Green Salad, Grilled Asparagus, Peach Cup, Garlic & Spinach Orzo, Wheat Roll		Baked Chicken Breast w/ Marinara, Spinach Salad, Grilled Zucchini, Banana, Pasta, Wheat Roll		Pork Carnitas Tacos, Black Beans and Corn, Fruit Salad, Cilantro Brown Rice.	
		Pioneer Holiday Reservations Needed		Pine Grove & Ione Holiday Reservations Needed					
	25		26		27		28		29
		Yankee Pot Roast w/ Roasted Vegetables, Mixed Green Salad, Tropical Fruit Cup, Mashed Potatoes, Wheat Roll		Artichoke Chicken, Italian Carrot Salad, Sauté Mushrooms & Garlic, Mandarin Oranges, Roasted Red Potatoes		Shrimp Scampi w/ Pasta, Mixed Green Salad, Sauté Spinach w/ Mushrooms & Peppers, Peaches, Garlic Breadsticks		Chicken Pot Pie, Mixed Green Salad, Broccoli, Fresh Fruit Salad, Wheat Roll	

**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

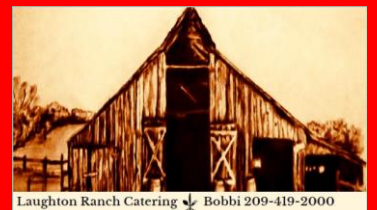
Under 60 Required to pay:\$7.00

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