




JANUARY 2024

**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	
		2		3		4		5	
		Pasta Primavera w/ Basil Pesto & Roasted Chicken, Carrot & Raisin Salad, Yellow and Green Squash, Tropical Fruit Cup, Wheat Roll		Baked Potato Bar, Beef Chili, Mixed Green Salad, Roasted Broccoli, Apricots, Wheat Roll		Grilled Chicken Thigh w/ Ranchero Sauce & Rice, Spinach Salad, Honey Glazed Sweet Potatoes, Pineapple, Wheat Roll		Rock Cod Veracruz, Cucumber Salad, Lemon Garlic Mushrooms, Fruit Salad, Cilantro Brown Rice, Wheat Roll	
8		 9		10		11		12	
Black Bean Burger, Confetti Coleslaw, Baked Potato Wedges, Fruit Salad		Chicken Baked Chicken w/ Country Gravy, Mixed Green Salad, Bourbon Glazed Brussel Sprouts, Pineapple, Garlic Mashed Potatoes, Wheat Roll		Smothered Pork Chops, Spinach Salad, Saute Spinach, Mushrooms & Peppers, Baked Apple Slices, Honey Yams, Wheat Roll		Coconut Thai Chicken w/ Jasmine Rice, Mixed Green Salad, Roasted Butternut Squash, Mandarin Oranges, Flat Bread		Glazed Meatloaf, Spinach Salad, Corn, Peaches, Parsley Red Potatoes, Wheat Roll,	
15		16		17		18		19	
		Stuffed Bell Pepper Casserole, Mixed Green Salad, Root Vegetables, Peaches, Wheat Roll		Roasted Chicken, Spinach Salad, Garlic Roasted Brussel Sprouts, Mandarin Oranges, Roasted Garlic & Spinach Orzo, Wheat Roll		BBQ Pulled Pork Sandwich, Italian Carrot Salad, Peas, Blueberries, Potato Wedges		Steak Fajitas, Caesar Salad, Refried Beans, Fruit Salad, Spanish Brown Rice	
22		23		24		25 Birthday		26	
Beef Shepherds Pie, Caesar Salad, Maple Roasted Brussel Sprouts, Fruit Salad, Wheat Roll		BBQ Ribs, Mixed Green Salad, Roasted Cauliflower, Mandarin Oranges, Bulgar Pilaf, Wheat Roll		Broccoli & Cheese Frittata, Spinach Salad, Corn, Banana, Mashed Potatoes, Wheat Roll		Salsa Simmered Chicken Breast, Black Beans & Corn, Grilled Asparagus, Orange Wedges, Bulgar, Wheat Roll, Cake		Pork Carnitas Tacos, Refried Beans, Fruit Salad, Cilantro Brown Rice,	
29		30		31					
Salisbury Steak w/ Mushroom Gravy, Spinach Salad, Corn, Fresh Fruit Salad, Scalloped Potatoes, Wheat Roll		Chicken Tikka Masala, Mixed Green Salad, Grilled Asparagus, Peach Cup, Flat Bread, Jasmine Rice		Salmon w/ Sundried Tomato Cream Sauce, Mixed Green Salad, Grilled Zucchini, Pineapple, Linguini w/ Capers & Tarragon Butter, 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

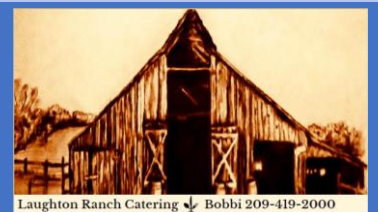
Under 60 Required to pay:\$7.00

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

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



Laughton Ranch Catering * Bobbi 209-419-2000