





# FEBRUARY 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  |  |
|--|--|---|--|---|--|--|--|---|--|
|  |  |   |  |   |  | <b>1</b>   |  | <b>2</b>  |  |
|  |  |   |  |   |  | Glazed Meatloaf, Mashed Potatoes, Italian Carrot Salad, California Veggie Blend, Mandarin Oranges, Wheat Roll                  |  | Pork Carnitas Taco w/ Corn Tortilla, Cilantro Lime Brown Rice, Mixed Green Salad, Pinto Beans, Fruit Salad                  |  |
| <b>5</b>   |  | <b>6</b>  |  | <b>7</b>  |  | <b>8</b>   |  | <b>9</b>  |  |
| Pesto Pasta Primavera w/ Roasted Chicken, Carrot Raisin Salad, Yellow and Green Squash, Fruit Salad, Wheat Roll                                    |  | BBQ Pulled Pork Sandwich, Spinach Salad, Potato Puffs, Lemon & Garlic Mushrooms, Applesauce, Wheat Roll |  | Ginger Broccoli Beef w/ Brown Rice, Cabbage Salad, Asian Vegetable Stir Fry, Pineapple, Croissant                             |  | Baked Chicken w/ Tropical Salsa, Bulgar Pilaf, Roasted Corn & Black Beans, Spinach Salad, Grapes, Wheat Roll                   |  | Roast Beef w/ Gravy, Red Mashed Potatoes, Mixed Green Salad, Peas & Carrots, Fruit Salad, Wheat Roll                        |  |
| <b>12</b>  |  | <b>13</b>   |  |  <b>14</b>                                   |  | <b>15</b>  |  | <b>16</b>   |  |
| Spaghetti w/ Meat Sauce, Italian Carrot Salad, Capri Vegetables, Fruit Salad, Garlic Bread Stick   |  | Salad Bar, Turkey Noodle Soup, Pasta Salad, Pineapple, Wheat Roll                                       |  | Chicken Baked Chicken w/ Country Gravy, Mixed Green Salad, Mexicali Corn, Garlic & Chive Mashed Potatoes, Peaches, Wheat Roll |  | Roasted Rosemary Pork Loin, Mixed Green Salad, Garlic & Spinach Orzo, Bourbon Glazed Brussel Sprouts, Baked Apples, Wheat Roll |  | Shrimp Scampi w/ Pasta, Mixed Green Salad, Saute Spinach, Mushrooms & Peppers, Pears, Garlic Bread                          |  |
| <b>19</b>  |  | <b>20</b>   |  | <b>21</b>   |  | <b>22</b>  |  | <b>23</b>   |  |
| <br>We will be<br><b>CLOSED</b><br>on<br><b>PRESIDENT'S DAY</b> |  | Chicken & Biscuit, Mixed Green Salad, Root Vegetables, Peaches, Wheat Roll                              |  | Steak Fajitas w/ Wheat Tortilla, Caesar Salad, Spanish Brown Rice, Refried Beans, Orange Wedges, Wheat Roll                   |  | Baked Fish w/ Lemon Cream Sauce, Linguini w/ Capers & Tarragon Butter, Spinach Salad, Green Beans, Apple, Wheat Roll           |  | Chinese Chicken Salad w/ Chow Mein Noodles, Mixed Green Salad, Vegetable Sticks w/ Yogurt Dip, Fresh Fruit, Wheat Croissant |  |
| <b>26</b>  |  | <b>Birthday</b>   |  | <b>27</b>   |  | <b>28</b>  |  | <b>29</b>   |  |
| Salsa Simmered Chicken Breast, Bulgar Pilaf, Black Beans & Corn, Roasted Cauliflower, Fruit Salad, Wheat Roll                                      |  | Cheeseburger w/ Swiss Cheese, Steak Fries, Orange Wedges, Birthday Cake                                 |  | Cashew Chicken, Asian Vegetable Stir Fry, Brown & Wild Rice, Spinach Salad, Pineapple, Wheat Roll                             |  | Beef Pot Roast w/ Roasted Vegetables, Southwest Corn, Parsley Red Potatoes, Mixed Green Salad, Fresh Fruit, Wheat Roll         |  |   |  |

## Amador Senior Center Congregate Lunch Program

60 and over with intake form: \$4 suggested contribution

60 and over without intake form: \$7.00 Fee

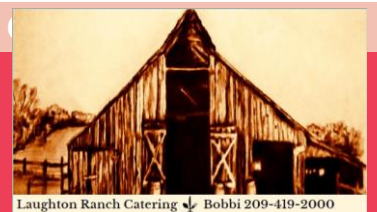
Under 60 Required to pay:\$7.00

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