



MARCH 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	
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								Fish Tacos, Cilantro Lime Broccoli Slaw, Black Beans, Mexican Fruit Salad, Spanish Brown Rice	
	4		5		6		7		8
Cranberry Glazed Pork Loin, Kale Salad, Honey Glazed Carrots, Cinnamon Applesauce, Whipped Sweet Potatoes, Wheat Roll		Roasted Turkey w/ Gravy, Spiced Beets, Mashed Potatoes, Bread Dressing, Orange Wedges, Wheat Roll		Hamburger, Mixed Green Salad, Baked Fries, Fruit Salad		Shrimp Alfredo, Caesar Salad, Spinach, Banana, Wheat Roll		Vegetable Frittata, Mixed Green Salad, Capri Vegetable Blend, Garlic Orzo, Pineapple, Wheat Roll	
	11		12		13		14		15
Baked Ziti w/ Meat Sauce, Sauté Spinach/ Peppers, Country Vegetable Blend, Fruit Salad, Wheat Roll		Chicken Fajitas, Mexican Coleslaw, Pinto Beans, Peaches, Spanish Brown Rice		Glazed Meatloaf, Sautéed Bell Peppers, Corn, Roasted Parsley Potatoes, Pineapple, Wheat Roll		Honey Glazed Salmon, Kale Salad, Roasted Brussel Sprouts, Cantaloupe, Lemon Orzo w/ Peas, Wheat Roll		Corned Beef w/ Cabbage and Carrots, Pea Salad, Colcannon Mashed Potatoes, Fruit Salad, Wheat Bun	
	18		19		20		21		22
Cod Florentine w/ Tomatoes and Lemon Dill Sauce, Caesar Salad, Green Beans, Fruit Salad, Long Grain & Wild Rice, Wheat Roll		BBQ Pork Ribs, Mixed Green Salad, Peas & Mushrooms, Mandarin Oranges, Macaroni Salad, Wheat Roll		Shepherd's Pie, Carrot, Raisin & Pineapple Salad, Sautéed Yellow and Green Squash, Apple Slices, Wheat Roll		Oven Fried Buttermilk Chicken, Spinach Salad, Sautéed Red Cabbage, Kiwi, Scalloped Potatoes, Cornbread		Grilled Steak Tacos, Cilantro Lime Broccoli Slaw, Refried Beans, Orange Wedges, Spanish Brown Rice	
	25	Birthday	26		27		28		29
Pork Chile Verde, Garlic Parmesan Brussel Sprouts, Pinto Beans, Fruit Salad, Spanish Brown Rice		Sweet & Sour Chicken, Mixed Green Salad, Asian Stir Fry Vegetables, Jasmine Rice, Wheat Roll, Mandarin Oranges		Cranberry Turkey & Walnut Salad, Kale Salad, Celery & Carrot Sticks w/ Yogurt Dip, Melon Cubes, Crackers, Wheat Roll		Stuffed Shells w/ Marinara Sauce, Spinach Salad, Garlic Green Beans, Banana, Garlic Bread		Coconut Thai Chicken, Asian Salad, Sautéed Yellow and Green Squash, Mixed Berries, Wild Rice, Wheat Roll	

Amador Senior Center Congregate Lunch Program Guidelines

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

60 and over without intake form: \$7.00 Fee

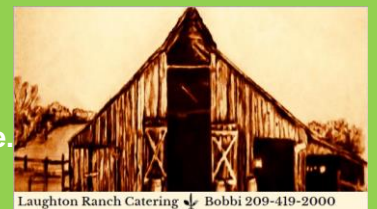
Under 60 Required to pay:\$7.00

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