





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	
1		2		3		4		5	
Chicken Fajitas on Wheat Tortilla, Spanish Brown Rice, Refried Beans, Caesar Salad, Mangos		Baked Potato Bar, Beef Chili, Mixed Green Salad, Roasted Broccoli, Fresh Fruit Salad, Wheat Roll		Basil Pesto Pasta Primavera w/ Roasted Chicken, Carrot & Raisin Salad, Lemon Garlic Mushrooms, Tropical Fruit Cup, Wheat Roll		Smothered Pork Chops, Honey Yams, Spinach Salad, Sautéed Spinach, Mushrooms & Peppers, Baked Apple Slices, Wheat Roll		Coconut Thai Chicken w/ Rice, Mixed Green Salad, Roasted Butternut Squash, Mandarin Oranges, Flat Bread	
8		Birthday 		10		11		12	
Salsa Simmered Chicken, Black Beans & Corn, Bulgar Pilaf, Roasted Cauliflower, Apple, Wheat Roll		Pork Carnitas Tacos on Corn Tortilla, Spanish Brown Rice, Refried Beans, Fresh Fruit Salad, Birthday Cake		Glazed Meatloaf, Red Skin Mashed Potatoes, Spinach Salad, Seasoned Corn, Banana, Wheat Roll		Cashew Chicken w/ Brown Rice, Asian Stir Fried Vegetables, Spinach Salad, Pineapple, Wheat Roll,		Salmon w/ Sundried Tomato Cream Sauce, Garlic & Spinach Orzo, Carrot, Pineapple & Raisin Salad, Asparagus, Grapes, Wheat Roll	
15		16		17		18		19	
Shrimp Alfredo w/ Pasta, Kale Salad, Sautéed Bell Peppers, Banana, Wheat Roll		Turkey Marinara Meat Sauce w/ Polenta, Spinach Salad, Green Beans, Peaches, Bread Stick		Beef Shephard's Pie, Mixed Green Salad, Grilled Zucchini, Strawberries, Wheat Roll		Roasted Turkey w/ Gravy, Bread Dressing, Spiced Beets, Mashed Potatoes, Orange Wedges, Wheat Roll		Black Bean Burger on Wheat Roll, Spinach Salad, Baked Potato Wedges, Fruit Salad	
22		23		24		25		26	
Chicken w/ Marinara & Mozzarella, Parmesan & Sundried Tomato Orzo, Sautéed Spinach & Peppers, Country Vegetable Blend, Pears, Wheat Roll		BBQ Ribs, Pasta Salad, Green Peas & Mushrooms, Pinto Beans, Peaches, Wheat Roll		Salad Bar, Beef, Vegetable & Noodle Soup, Pasta Salad, Peaches, Wheat Roll		Pork Chile Verde w/ Cilantro Brown Rice, Kale Salad, Black Beans w/ Diced Chiles, Strawberries & Blueberries, Corn Tortilla		Fish Tacos on Corn Tortilla, Spinach Salad, Baked Steak Fries, Spanish Brown Rice, Fresh Fruit Salad	
29				30					
Grilled Steak Tacos on Corn Tortilla, Cilantro Lime Broccoli Salad, Brown Spanish Rice, Pinto Beans, Mandarin Oranges		Chicken Baked Chicken w/ Country Gravy, Garlic & Chive Mashed Potatoes, Mixed Green Salad, Bourbon Glazed Brussel Sprouts, Pineapple, Wheat Roll							

Amador Senior Center Congregate Lunch Program Guidelines

60 and over with intake form: \$5 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