






2024

Amador Senior Center  
 Congregate Lunch Menu  
 Serving From 11:30AM-12:30PM  
 \*Fortified Milk is Served With Each Meal.  
 Menu items subject to change based on availability

Monday		Tuesday		Wednesday		Thursday		Friday			
<b>** High Vitamin C item</b> <b>* High Vitamin A item</b>						<b>1</b>		<b>2</b>		<b>3</b>	
						Sweet & Sour Pork w/ Pineapple, Grilled Asparagus, Vegetable Blend *Apricots, Brown Rice,		**Asian Wheat Roll		*Salmon w/ Sundried Tomato Cream Sauce, **Spinach Salad, Green Beans w/ Tomatoes, Linguine w/ Capers & Tarragon Butter, Apples, Wheat Roll	
<b>6</b>		<b>7</b>		<b>8</b>		<b>9</b>		<b>10</b>			
 Beef Steak Taco Salad, Pinto Beans, **Mango Slices, Spanish Brown Rice, Tortilla Chips		BBQ Chicken, *Carrots, Potato Wedges, ** Fruit Salad, Corn Bread		Lemon Garlic Shrimp w/ Pasta, Mixed Green Salad, **Yellow & Green Squash, **Peaches, Bread Stick		Chicken Cacciatore w/ Pasta, **Spinach Salad, Italian Vegetable Blend, **Mandarin Oranges, Garlic Bread,		*Liver & Onions, *Peas & Carrots, Mashed Potatoes, **Tropical Fruit Cup, Wheat Roll			
<b>13</b>		<b>Birthday</b>		<b>14</b>		<b>15</b>		<b>16</b>		<b>17</b>	
Beef Shepherds Pie, Grilled Asparagus, **Roasted Cauliflower, **Orange Wedges, Wheat Roll		Glazed Meatloaf, *Italian Carrot Salad, **California Vegetable Blend, **Fruit Salad, Mashed Potatoes, Wheat Roll, Birthday Cake		 **Pork Carnitas Tacos w/, Refried Beans, **Strawberries, Spanish Brown Rice, Corn Tortilla		Salisbury Steak w/ Mushroom Gravy, **Spinach Salad, Fiesta Corn, *Apricots, Scalloped Potatoes, Wheat Roll		Roasted Rosemary Pork Loin, Grilled Asparagus, **Maple Roasted Brussel Sprouts, **Tropical Fruit Cup, Garlic Orzo, Wheat Roll			
<b>20</b>		<b>21</b>		<b>22</b>		<b>23</b>		<b>24</b>			
Cashew Chicken, **Kale Salad w/ Dried Cranberries & Mandarin Oranges, Asian Stir Fry, Grapes, Bulgar Pilaf, Wheat Roll		Roasted Turkey w/ Gravy, **Spinach Salad, Sauté Green Beans w/ Bell Peppers, *Apricots, Bread Dressing, Wheat Roll		**Steak Fajitas, **Caesar Salad, Refried Beans, **Strawberries, Spanish Brown Rice, Wheat Tortilla		BBQ Pulled Pork Sandwich, **Spinach Salad, Lemon & Garlic Mushrooms, Apple Wedges, Steak Fries		**Beef Stuffed Peppers, **Caesar Salad, *Carrots, **Fruit Salad, Wheat Roll			
<b>27</b>		<b>28</b>		<b>29</b>		<b>30</b>		<b>31</b>			
CLOSED FOR <b>MEMORIAL DAY</b> 		*/**Salad Bar, Black Bean Chili, **Fruit Salad, Pasta Salad, Garlic Bread Sticks		BBQ Ribs, **Green Peas w/ Mushrooms, *Swiss Chard, **Peach Cup, Parmesan & Sundried Tomato Orzo, Wheat Roll		Beef Pot Roast, **Kale Salad, *Roasted Baby Carrots, **Kiwi, Parsley Red Potatoes, Wheat Roll		Cheeseburger w/ Swiss Cheese, **Broccoli & Cucumber Salad, **Rainbow Coleslaw, **Mixed Berry Parfait, Red Potato Salad, Wheat Roll			

\*\*High Vitamin C item

\*High Vitamin A item

### 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

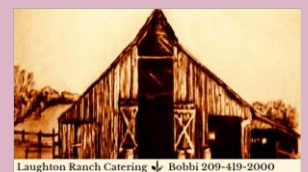
Under 60 Required to pay:\$7.00

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