


JUNE

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	
	3		4		5		6		7
Meatballs w/ Pizzaiola Sauce & Orzo Pasta, **Spinach Salad, *Carrots, Apple Wedges, Wheat Roll		Chicken Baked Chicken w/ Gravy, 3 Bean Salad, **Bourbon Brussel Sprouts, **Pineapple, Garlic & Chive Mashed Potatoes, Wheat Roll		**Steak Fajitas, *Caesar Salad, Refried Beans, **Strawberries, Spanish Brown Rice, Wheat Roll		*Salmon w/ Lemon Cream Sauce, Mixed Green Salad, Sauté Green Beans w/ Tomato, **Pears, Long Grain & Wild Rice, Wheat Roll		**Chicken Chile Verde, **Kale Salad, Sauté Green & Yellow Squash, **Fresh Fruit Salad, Brown Rice, Wheat Tortilla	
	10		11		12		13		14
Grilled Marinated Chicken Breast, **Spinach Salad, *Honey Glazed Carrots, Banana, Zesty Orange Brown Rice, Wheat Roll		Shredded Beef Taco, *Caesar Salad, Refried Beans, **Berry Parfait, Spanish Brown Rice, Wheat Tortilla		Roasted Chicken w/ Bowtie Pesto Primavera, **Kale Salad, Lemon & Garlic Mushrooms, Peaches, Breadstick		Pork Patty w/ Roasted Garlic Gravy, **Spinach Salad, Lima Beans, **Orange Wedges, *Maple Yams, Wheat Roll		Beef Pot Roast, Mixed Green Salad, Succotash, **Fresh Fruit Salad, Garlic & Chive Mashed Potatoes, Wheat Roll	
	17	Birthday	18		19		20		21
Hot Roast Beef Sandwich w/ Garlic Aioli, Mixed Green Salad, Stewed Tomatoes w/ Basil, **Strawberries, Baked Potato		Roasted Turkey w/ Gravy, **Spinach Salad, California Vegetable Blend, **Fresh Fruit Salad, Bread Dressing, Wheat Roll, Birthday Cake		Chinese Chicken Salad, *Carrot & Celery Sticks w/ Yogurt Dip, *Mangos, Croissant		Pork Roast, **Kale Salad, **Maple Roasted Brussel Sprouts, **Pineapple, Apricot Brown Rice, Wheat Roll		Chicken Patty Over Mashed Potatoes, **Spinach Salad, *Tarragon Baby Carrots, **Tropical Fruit Cup, Wheat Roll	
	24		25		26		27		28
Glazed Meatloaf, *Caesar Salad, Seasoned Lima Beans, **Applesauce, Parsley Red Potatoes, Wheat Roll		BBQ Ribs, **Roasted Brussel Sprouts, *Whipped Sweet Potatoes, **Cantaloupe Cubes, Wheat Roll		**Chicken Florentine, *Carrots, Asparagus, **Berry Parfait, Penne Pasta Alfredo w/ Red Peppers, Wheat Roll		Broccoli Beef Stir Fry, **Kale Salad, **Asian Stir Fry, **Pineapple, Brown Fried Rice, Wheat Roll		Macaroni & Cheese, Bean Salad, **Roasted Brussel Sprouts, **Fruit Salad, Wheat Roll	

**High Vitamin C item

*High Vitamin A item

Congregate Lunch Program Guidelines

60 and over with intake form: \$5 suggested contribution

60 and over without intake form: \$7.00 Fee

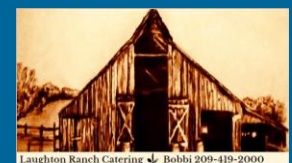
Under 60 Required to pay: \$7.00 Fee

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