AMADOR SENIOR CENTER

2026

Congregate Lunch Menu
Serving From 11:30AM-12:30PM
*Fortified Milk is Served With Each Meal.

Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	Birthday 5	6
Crab Cakes w/ Lemon Dill Aioli, Coleslaw, Asparagus, Bell Peppers & Zucchini, Rice Pilaf, Pineapple, Wheat Roll	Loaded Baked Potato, Beef Chili w/ Beans, Mixed Green Salad, Onions & Bell Peppers, Broccoli, Pears, Cornbread	Stuffed Bell Peppers , Roasted Corn w/ Peppers, Watermelon & Feta Salad, Wheat Roll	Roasted Pork Loin, Balsamic Beat Salad w/ Goat Cheese, Brussel Sprouts, Pesto Pasta, Peaches	Teriyaki Chicken, Fennel Citrus Slaw, Asian Vegetables, Brown Fried Rice, Mangos
9	10	11	12	13
Meat Lasagna, Carrots & Beet Salad, Mixed Vegetables, Strawberries	Pulled Pork Sandwich, Coleslaw, Sweet Potato Fries, Orange		Steak Fajitas w/ Wheat Tortillas, Bell Peppers & Onions, Green Salad, Spanish Rice, Tropical Fruit	Chicken Baked Chicken w/ Country Gravy, Couscous Salad w/ Tomato & Bell Peppers, Mashed Potatoes, Cornbread, Mixed Fruit
16	17	18	Holiday Meal 19	20
Beef Pot Roast w/ Gravy, Romaine & Kale Salad, Mixed Vegetables, Garlic Bread, Orange	Spaghetti w/ Meatballs, Spinach Salad, Green Beans, Apple	Salmon w/ Lemon Sauce, Zucchini & Yellow Squash, Quinoa Salad, Grapes & Cantaloupe, Wheat Roll	Roasted Turkey w/ Gravy, Green Bean Casserole, Candied Yams, Stuffing, Berry Parfait, Pumpkin Pie **Reservations suggested see below	BBQ Pork Ribs, Corn, Mashed Potatoes, Spinach Salad, Pears, Wheat Roll
23	24	25	26	27
French Dip Sandwich, Seasoned Potato Wedges, Mixed Green Salad, Peaches , Wheat Bun	Garlic Alfredo Shrimp, Broccoli & Apple Salad, Green Bean Almondine, Apple, Wheat Roll	Chicken Pesto Pasta Primavera, Mixed Green Salad, Asparagus, Pears, Wheat Roll		
30				
Chicken Fricassee over Rice, Tomato & Cucumber Salad, Mixed Vegetables, Pears				

**Holiday Meal on Nov. 19th will have a 11:00 Seating and a 12:00 Seating. Please reserve your time for lunch by calling or coming in prior to Nov 11th. Non-reservations will be seated at a "as available" basis and there may be a wait time. Thank you for understanding.

For more Information please contact the Amador Senior Center at 209-223-0442 Business hours are Mon-Fri 8:30 AM - 4:00 PM

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.

Menu items subject to change based on availability

For more Information please call our office at 209-223-0442

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Amador Community Foundation For good. For ever.

Area 12 Agency on Aging Your Senior Resource Connection

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