

# JANUARY\*

## 2026





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	
						1		2	
									
5		6		7		8		9	
Terriyaki Chicken Thigh, Broccoli Salad, Mandarin Stir Fry Vegetables, Mandarin Orange, Fried Rice, Wheat Roll		Smothered Pork Chop, Mixed Green Salad, Saute Spinach w/ Mushrooms & Peppers, Baked Apple Slices, Honey Yams, Wheat Roll		Loaded Baked Potato, Beef Chili w/ Beans, Broccoli, Pear, Wheat Roll		Mexican Chicken & Rice, Autumn Coleslaw, Roasted Vegetables, Fruit Salad, Wheat Roll		Roast Beef w/ Gravy, Carrot & Raisin Salad, Italian Vegetable Blend, Tropical Fruit Cup, Scalloped Potatoes, Wheat Roll	
12		Birthday		13		14		15	
Chicken Fajitas, Autumn Spinach Salad, Refried Beans, Orange, Spanish Brown Rice, Wheat Tortilla		Vegetable Frittata, Coleslaw, California Vegetable Blend, Pineapple, Red Potatoes, Wheat Roll		Chicken Baked Chicken w/ Country Gravy, Spinach Salad, Broccoli Cheddar Soup, Apple, Mashed Potatoes, Wheat Roll		Salisbury Steak w/ Onion & Mushroom Gravy, Italian Carrot Salad, Cauliflower, Tropical Fruit Cup, Garlic Mashed Potatoes, Wheat Roll		Salmon w/ Lemon Caper Sauce, Broccoli & Roasted Zucchini, Corn Chowder, Fruit Salad, Rice Pilaf, Wheat Roll	
19		20		21		22		23	
		Chicken Alfredo, Carrot Pasta Salad, Summer Squash, Tropical Fruit Cup, Garlic Bread		Baked Ziti w/ Meat Sauce, Romaine Salad, Black Bean Soup, Orange, Garlic Bread		BBQ Ribs, Broccoli Salad, Mashed Potatoes, Cantaloupe Cubes, Wheat Roll		Chicken Picatta, Romaine & Arugula Salad, Broccoli, Banana, Rice Pilaf, Wheat Roll	
26		Decades Day		27		28		29	
Chicken & Biscuits, Mixed Green Salad, Summer Squash, Orange		Garlic Shrimp & Pasta, Romaine Salad, Grilled Asparagus, Grapes, Garlic Bread		Beef Stroganoff w/ Mushrooms, Spinach Salad, Vegetable Barley Soup, Mangoes, Wheat Roll		Chicken Parmesan, Mixed Green Salad, Roasted Broccoli Vegetable Blend, Fruit Salad, Potatoes Au Gratin, Wheat Roll		Glazed Meatloaf, Beet Salad, Carrots, Broccoli & Cauliflower, Applesauce, Maple Yams, 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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