

2023

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, Mixed Green Salad, Refried Beans, Tropical Fruit Cup, Spanish Brown Rice, Milk	Polenta with Marinara Meat Sauce, Caesar Salad, Green Beans, Strawberries, Garlic Bread, Milk	Glazed Meatloaf, Spinach Salad, Broccoli, Banana, Wheat roll, Mashed Potatoes, Milk	Smothered Pork Chops, Mixed Green Salad, Veggie Blend, Applesauce, Wheat Roll, Herb Orzo, Milk	Taco Salad, Pinto Beans, Fruit Salad, Tortilla Chips, Spanish Brown Rice, Milk
8	9	10	11	12
Shrimp Scampi w/ Pasta, Caesar Salad, Broccoli, Blueberries, Garlic Bread, Milk	Salisbury Steak, Mixed Green Salad, Roasted Cauliflower, Mandarin Oranges, Wheat Roll, Mashed Red Potatoes, Milk	Liver and Onions, Spinach Salad, Grilled Yellow Squash, Tropical Fruit Cup, Wheat Roll, Herb Orzo, Milk	Carnitas Tacos, Mixed Green Salad, Refried Beans, Pears, Spanish Brown Rice, Milk	Baked Cod w/ Lemon, Spinach Salad, Veggie Blend, Peaches, Wheat Roll, Baked Fries, Milk
15	16	17	18	19
Salad Bar w/ Chicken, Vegetable Soup, Berry blend , Garlic Bread Stick , Pasta Salad, Milk	Lemon Garlic Chicken Thighs, Mixed Green Salad, Veggie Blend, Tropical Fruit Cup, Wheat Roll, Couscous, Milk	Turkey Pot Pie, Mixed Green Salad, Peaches, Wheat Roll, Milk	BBQ Ribs, Mixed Green Salad, Asparagus, Fruit Salad, Wheat Roll, Macaroni Salad, Milk	Baked Honey Dijon Salmon, Mixed Green Salad, Cabbage Medley, Pineapple, Wheat Roll, Mashed Red Potatoes, Milk
22	23	24	25	26
Beef Tips, Spinach Salad, Green Beans, Banana, Wheat Roll, Noodles, Milk	Pork w/ Creamy Herb Sauce, Mixed Green Salad, Carrots, Applesauce, Wheat Roll, Long grain &Wild Rice, Milk	Roasted Turkey w/ Stuffing, Spinach Salad, Brussel Sprouts, Fruit Salad, Wheat Roll, Mashed Potatoes, Milk	Chicken Chili Verde, Carrot and Pineapple Salad, Black Beans, Blueberries, Wheat Roll, Milk	Beef and Spinach Lasagna, Mixed Green Salad, Corn, Peaches, Cilantro Brown Rice, Garlic Bread, Milk
29	30	31		
	BBQ Beef Sandwich, Veggies w/ Yogurt Dip, Potato Wedges, Pears, Wheat Roll, Pasta w/ Vegetable Salad, Milk	Baked Chicken, Mixed Green Salad, Honey Carrots, Fruit Salad, Wheat Roll, Steak Fries, Milk		

Amador Senior Center Congregate Lunch Program Guidelines

Meals contain 760mg of sodium or less, unless noted by a saltshaker

60 and over with intake form: $4 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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