



2025

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		3	
				Broccoli Beef, Cucumber Salad, Asian Stir Fried Vegetables, Fruit Salad, Brown Rice, Wheat Roll		Pesto Pasta Primavera w/ Roasted Chicken, Carrot & Raisin Salad, Summer Squash, Tropical Fruit, Garlic Bread		BBQ Ribs, Broccoli Salad, Mashed Potatoes, Cantaloupe, Wheat Roll	
6		7		8		9		10	
Chicken and Rice Bake, Autumn Spinach Salad, Broccoli & Carrots, Orange, Wheat Roll		Pulled Pork Sandwich, Coleslaw, California Vegetables, Pineapple, Red Potatoes, Wheat Roll		Chicken Baked Chicken w/ Country Gravy, Spinach Salad, Asparagus, Apple, Yukon Gold Mashed Potatoes, Wheat Roll		Salisbury Steak w/ Onion & Mushroom Gravy, Italian Carrot Salad, Cauliflower, Tropical Fruit, Garlic Mashed Potatoes, Wheat Roll		Salmon w/ Lemon Sauce, Romaine & Arugula Salad, Broccoli & Zucchini, Fruit Salad, Rice Pilaf, Wheat Roll	
13		Birthday 14		15		16		17	
Beef Ragu, Carrot & Raisin Salad, Italian Vegetables, Tropical Fruit, Polenta, Wheat Roll		Loaded Baked Potato, Chili, Broccoli, Pear, Wheat Roll, Gingerbread Cake & Ice Cream		Herb Roasted Chicken, Autumn Slaw, Roasted Root Vegetables, Fruit Salad, Wild Rice Blend, Wheat Roll		Smothered Pork Chops, Mixed Green Salad, Sauté Spinach w/ Mushrooms & Peppers, Baked Apple Slices, Honey Yams, Wheat Roll		Garlic Shrimp w/ Pasta, Romaine Salad, Asparagus, Grapes, Garlic Bread	
20		21		22		23		24	
Macaroni & Cheese w/ Roasted Chicken Thigh, Spinach Salad, Green Beans w/ Peppers, Cantaloupe, Wheat Roll		Glazed Meatloaf, Beet Salad, Carrots, Broccoli & Cauliflower, Fruit Salad, Maple Yams, Wheat Roll		Paella Chicken w/ Shrimp, Arugula & Beet Salad, Cauliflower & Peppers, Pineapple, Wheat Roll		Pot Roast w/ Gravy, Kale Salad, Peas & Carrots, Peaches, Roasted Red Potatoes, Wheat Roll		Grilled Terriyaki Chicken Thigh, Broccoli Salad, Stir Fry Vegetables, Orange, Fried Rice, Wheat Roll	
27		28		29		30		Halloween 31	
BBQ Beef Sandwich, Mixed Green Salad, Green Beans, Banana, Mashed Potatoes		Chicken Alfredo Lasagna, Romaine Salad, Italian Vegetable Blend, Pears, Garlic Bread		Braised Beef Tip w/ Autumn Root Vegetables, Romaine & Kale Salad, Kiwi, Barley Pilaf, Wheat Roll		Carnitas Rice Bowl, Mixed Green Salad, Corn, Mangoes, Corn Tortillas		Chicken Cordon Bleu, Romaine & Kale Salad, Roasted Butternut Squash w/ Zucchini, Fruit Salad, Rice Pilaf, 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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