



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	
	2		3		4		5		6
Cranberry Pork Loin, Caesar Salad, Carrots, Cinnamon Apples, Scalloped Potatoes, Wheat Roll		Chicken Fajitas, Spinach Salad, Refried Beans, Mango, Spanish Rice		Beef Shephards Pie, Green Salad, Zucchini, Strawberries, Bread Stick		Black Bean Burger, Spinach Salad, Baked Potato Wedges, Fruit Salad		BBQ Smoke Meatloaf, Coleslaw, Broccoli, Banana, Red Potatoes, Cornbread	
	9		10		11		12		13
Salsa Simmered Chicken Breast, Asparagus, Black Beans and Corn, Fruit Salad, Bulgar, Wheat Roll		Pork Carnitas Tacos, Refried Beans, Sliced Mango, Cilantro Rice		Salmon w/ Sundried Tomato Cream Sauce, Carrot Salad, Butternut Squash, Garlic and Spinach Orzo		Stuffed Bell Peppers, Spinach Salad, Yellow Squash, Orange Wedges, Wheat Roll		Vegetarian Lasagna, Spinach Salad, Asparagus, Fresh Fruit Salad, Garlic Bread	
	16		17		18		19		20
Spaghetti w/ Meatballs, Green Salad, Italian Veggie Blend, Fruit Salad, Garlic Bread Sticks		BBQ Ribs, Green Salad, California Veggie Blend, Melon, Vegetable Pasta, Wheat Roll		Chicken Baked Chicken w/ Country Gravy, Spinach Salad, Corn w/ Red Peppers, Orange Wedges, Mashed Potatoes, Wheat Roll		Fish w/ Lemon Cream Sauce, Mixed Green Salad, Green Beans w/ Tomatoes, Strawberries, Linguini w/ Capers, Wheat Roll		Chicken Tikka Masala, Mixed Salad, Spicy Garlic Broccoli, Fruit Salad, Jasmine Rice, Wheat Roll	
	23		24		25		26		27
Pork Chops, Spinach Salad, Brussel Sprouts, Fruit Salad, Whipped Sweet Potatoes, Wheat Roll		Salad Bar, Minestrone Soup, Berry Blend, Pasta Salad, Garlic Bread Sticks (Pioneer Birthday)		Coconut Thai Chicken, Green Salad, Butternut Squash, Tropical Fruit, Brown and Wild Rice, Wheat Roll (Pine Grove Birthday)		Shrimp Scampi, Green Salad, Spinach and Mushrooms, Orange Wedges, Garlic Bread (Ione, Jackson and Delivery Birthday)		Beef Pot Roast w/ Veggies, Green Salad, Southwest Corn, Fruit Salad, Parsley Red Potatoes, Wheat Roll	
	30		31						
Cheese and Spinach Frittata, Capri Veggie Blend, Fruit Salad, Roasted Garlic Orzo, Wheat Roll		Burgandy Beef, Green Salad, Corn, Pineapple and Oranges, Mashed Potatoes, Cornbread							

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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Laughton Ranch Catering \* Robbi 209-419-2000