



CITY OF SAN ANTONIO  
DEPARTMENT OF HUMAN SERVICES

TEAMWORK • INTEGRITY • INNOVATION • PROFESSIONALISM



September 2018



Senior Services Division  
▶ Your Center  
▶ Your Style  
▶ Your Community

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>LABOR DAY</b> <b>SHELF STABLE</b></p> <p>3 A. Creole Chicken B. Grilled Fish w/ Salsa</p>	<p>4 A. Chicken Ranchero B. Pork Carnitas w/ Tomato Salsa (P)</p>	<p>5 A. Chicken Chop Suey B. Stir Fry Beef w/ Vegetables</p>	<p>6 A. Beef Medallions B. Grilled Seasoned Fish</p>	<p>7 A. Breaded Chicken Wrap (FF Ranch Dressing) B. Turkey &amp; Swiss Croissant (Mustard)</p>
<p>Diced Fresh Sweet Potatoes, Green Bean Almandine, Fresh Fruit, WG Animal Crackers, Rice Pilaf</p>	<p>Refried Beans, Peach Cup, Wheat Tortilla, Spanish Brown Rice, Picante Sauce</p>	<p>Asian Blend Veggies, Fresh Cantaloupe, Steamed Brown Rice, Egg Roll</p>	<p>Capri Blend, Seasoned Broccoli, Fresh Fruit, Rice Pilaf, Whole Wheat Roll</p>	<p>Baby Carrots, Cucumber Salad, Mixed Fruit Cup, Lettuce, Tomato</p>
<p>10 A. Meatloaf w/ Gravy B. King Ranch Chicken</p>	<p>11 A. Grilled Chicken Patty w/ Sautéed Mushrooms B. Swedish Meatballs</p>	<p>12 A. Salisbury Steak w/ Gravy B. Pork Riblet (P)</p>	<p>13 A. BBQ Chicken Sandwich B. BBQ Turkey Sandwich</p>	<p>14 A. Chicken Salad B. White Fish Ceviche</p>
<p>Red Potatoes w/ Dill, Sliced Fresh Zucchini, Whole Wheat Roll, WG Animal Crackers</p>	<p>4-Way Vegetable Mix, Banana, Fresh Yellow Squash, WG Breadstick, Egg Noodles</p>	<p>Mashed Potatoes, California Blend Veggies, Whole Wheat Roll, Graham Crackers</p>	<p>Seasoned Spinach, Mixed Fruit Cup, Creamed Corn, Whole Wheat HB Bun</p>	<p>Grape Tomatoes, Fresh Cantaloupe, Multigrain Sunchips, Whole Wheat Crackers, Thousand Island Dressing</p>
<p>17 A. Chicken Casserole B. Mac &amp; Cheese w/ Diced Turkey</p>	<p>18 A. Shepard's Pie w/ Whole Wheat Roll B. Chicken Tetrazzini</p>	<p>19 A. Tuna Macaroni Salad (Carrots &amp; Raisins, Grape Tomatoes) B. Fiesta Salad w/ Grilled Chicken (spinach, tomatoes, purple onions, black beans, cheese, corn, croutons) Pineapple Cup, Whole Wheat Crackers, FF Ranch Dressing</p>	<p>20 A. Chicken Parmesan B. Cheese Ravioli</p>	<p>21 <b>SENIOR KERMES SHELF STABLE</b></p>
<p>Peas &amp; Carrots, Spinach w/ Onion, Whole Wheat Roll</p>	<p>Broccoli &amp; Cauliflower, Banana, WG Goldfish Pretzels</p>	<p>Asian Blend Veggies, Brussel Sprouts, Fresh Fruit, Egg Roll, Steamed Brown Rice</p>	<p>Peas, Pacific Blend Veggies, Orange, WG Breadstick</p>	<p>22 A. Pulled Pork (P) B. Hamburger w/ Mushrooms &amp; Onions (lettuce, tomato, mustard)</p>
<p>24 A. Manicotti B. Spaghetti w/ Chicken Meatballs</p>	<p>25 California Blend Veggies, Fresh Cooked Red Cabbage, Pineapple Cup, WG Breadstick</p>	<p>26 A. Teriyaki Beef B. Orange Chicken</p>	<p>27 A. Steak Fingers w/ Gravy B. Chicken Tenders w/ Gravy</p>	<p>28 Sweet Potato Rounds, Okra w/ Tomatoes, Mandarin Orange Cup, Whole Wheat HB Bun</p>
<p>23 ** All meals come with a choice of an Orange Juice w/ calcium or a 1% Milk. ALL MENU ITEMS ARE SUBJECT TO CHANGE</p>	<p>24 ** All meals come with a choice of an Orange Juice w/ calcium or a 1% Milk. ALL MENU ITEMS ARE SUBJECT TO CHANGE</p>	<p>25 For more information call (210)-207-7172</p>	<p>26 For more information call (210)-207-7172</p>	<p>27 For more information call (210)-207-7172</p>



AACOG  
Alamo Area Council  
Of Governments

For more information call (210)-207-7172



SENIOR KERMES SHELF STABLE