





Monday	Tuesday	Wednesday	Thursday	Friday
	 AACOG Aging Area Council Of Governments For more information call (210)-207-7172	** All meals come with a choice of an Orange Juice w/ calcium or a 1% Milk. ALL MENU ITEMS ARE SUBJECT TO CHANGE	1 A. Italian Beef Patty w/ Buttered Penne Pasta B. Manicotti Seasoned Broccoli, Corn, Breadstick, Fresh Fruit	2 A. Blackened Fish B. Meatloaf w/ Tomato Sauce Fresh Diced Sweet Potatoes, Green Bean Almandine, Wheat Roll, Rice Pilaf (Entrée A Tartar Sauce)
5 A. Picadillo B. Chicken Mole Refried Beans, Diced Mango Cup, Spanish Brown Rice, Wheat Tortilla, Picante Sauce	6 A. Roast Beef Sandwich B. Turkey w/ Swiss Croissant Baby Carrots, Grape Tomatoes, Fresh Fruit, Spinach & Tomato Slice, Goldfish Crackers, Mustard, FF Italian Dressing	7 A. Rosemary Chicken B. Hamburger Steak w/ Gravy Fresh Butternut Squash, Cauliflower, Whole Wheat Roll, Seasoned Buttered Rollin	8 A. Orange Chicken B. King Pao Beef Asian Blend Veggies, Brussel Sprouts, Steamed Brown Rice, Fortune Cookie	9 A. Breaded Baked Fish w/ Lemon Zest w/ Rice Pilaf B. Chicken Meatballs w/ Spaghetti California Blend Veggies, Hot Mix Fruit Crumble w/ Granola, Breadstick (Entrée A Tartar Sauce)
12 A. Sage & Parsley Chicken w/ Gravy B. Beef Medallions w/ Gravy Diced Fresh Sweet Potatoes, Capri Blend, Wheat Roll, Animal Crackers	13 A. Chicken Casserole B. Mac & Cheese w/ Diced Turkey Peas & Carrots, Banana, Sliced Fresh Zucchini, Wheat Roll	14 A. Salisbury Steak w/ Gravy B. King Ranch Chicken Red Potatoes w/ Dill, Steamed Coin Carrots, Pineapple Cup, Wheat Roll, Vanilla Wafers	15 A. Hot Turkey Tetrazzini B. Pineapple & Mango Chicken w/ Steamed Mixed Rice Mixed Vegetables, Fresh Yellow Squash, Orange, Breadstick	16 A. Fish Sticks B. Ham w/ Glaze Cut Broccoli, Fresh Cantaloupe, Glazed Baby Carrots, Wheat Roll, Goldfish Crackers (Entrée A Tartar Sauce)
19 A. Chicken Tenders w/ Gravy B. Pork Riblet Mashed Potatoes, Pear Cup, Baked Beans, Wheat Roll, Animal Crackers	20 A. Roast Beef w/ Gravy B. Sliced Turkey w/ Gravy Broccoli & Cauliflowers, Mixed Fruit Cup, Wheat Roll, Cornbread Stuffing	21 A. Meat Lasagna B. Chicken Parmesan Peas, Malibu Blend Veggies, Fresh Fruit, Breadstick	22 A. Carne Guisada B. Chicken Ranchero Chopped Asparagus, Potatoes Rancheros, Wheat Tortilla, Spanish Brown Rice, Picante Sauce	23 A. Tuna Macaroni Salad w/ Wheat Crackers B. Chicken Salad Sandwich on Wheat w/ Tomato & Lettuce Carrots & Raisins, 3 Bean Salad, Peach Cup,
26 A. BBQ Sausage Link B. Chopped BBQ Beef Okra w/ Tomatoes, Fresh Fruit, Mac & Cheese, Wheat Roll	27 A. Chicken Alfredo B. Cheese Ravioli Spinach w/ Onion, Italian Blend Veggies, Breadstick	28 A. Chicken & Spinach Salad (Tomatoes/Carrots/Cucumbers/ Cheese/Croutons) w/ Wheat Crackers B. Tuna Sandwich w/ Spinach on Wheat Diced Pineapples, Sliced Cucumbers Raisins, FF Thousand Island	29 A. Grilled Chicken Patty w/ Sautéed Mushrooms B. Pulled Pork California Blend Veggies, Pinto Beans w/ Cilantro, Fresh Fruit, HB Bun	30 A. Stir Fry Beef w/ Vegetables B. Grilled Seasoned Fish Cooked Red Cabbage, Mandarin Orange Cup, Wheat Roll, Steamed Rice (Entrée B Tartar Sauce)