AACOG
Alamo Area Council of Governments

Monday Nov 2	Tuesday Nov 3	Wednesday Nov 4	Thursday Nov 5	Friday Nov 6
Chicken Alfredo (425) Salad (35) Salad Dressing (50) Fruit Cocktail (60) Sherbet (80) 650 Calories	Chicken Soft Tacos (450) Spanish Rice (150) Pinto Beans (120) Pears (60) 780 Calories	Chicken Pot Pie (431) Salad (35) Salad Dressing (50) Peaches (60) Ice Cream Cup (130) 706 Calories	Pork Loin Chops (550) Mushroom Gravy (100) Squash Medley (75) Mashed Potatoes (125) Applesauce (55) 905 Calories	Fish and Chips (800) Peas and Carrots (50) Mandarin Salad (100) 950 Calories
Monday Nov 9	**Tuesday Nov 10**	**Wednesday Nov 11**	**Thursday Nov 12**	**Friday Nov 13**
Baked Chicken Quarter (420) Squash Medley (75) Corn on the Cob (80) Pears (60) Jello Cup (90) 725 Calories	Crunchy Beef Tacos (415) Lettuce, Tomato, Onion (40) Spanish Rice (150) Refried Beans (140) Orange Smiles (80) 825 Calories	Beef Lasagna (250) Tossed Caesar Salad (200) Garlic Bread (180) Mixed Fruit (60) Italian Ice (60) 750 Calories	Ham and Turkey Sandwich (450) Lettuce, Tomato, Onion (40) Chips (150) Green Grapes (50) Granola Bar (100) 790 Calories	Fish Po Boy (600) Lemony Coleslaw (41) Potato Wedges (150) Pineapple Chunks (60) Pudding Cup (100) 951 Calories
Monday Nov 16	**Tuesday Nov 17**	**Wednesday Nov 18**	**Thursday Nov 19**	**Friday Nov 20**
Chicken Parisienne (150) Rich White Gravy (100) Mashed Potatoes (125) Green Beans (40) Pineapple Chunks (60) Watergate Salad (167) 642 Calories	Cheese Enchilada (360) Spanish Rice (150) Refried Beans (140) Peaches (60) 710 Calories	Bacon Wrapped Pork Roast (550) Mushroom Onion Gravy (100) Green Beans (40) Mashed Potatoes (125) Applesauce (55) 870 Calories	Beef and Swiss Sandwich (250) Lettuce, Tomato, Onion (40) Chips (150) Banana (110) Pudding Cup (100) 650 Calories	Turkey & dressing with gravy (360) Mashed Potatoes (125) Mashed Potatoes (125) Green Bean Casserole (105) Dinner Roll (76) Fruit Cocktail (60) 851 Calories
Monday Nov 23	**Tuesday Nov 24**	**Wednesday Nov 25**	**Thursday Nov 26**	**Friday Nov 27**
King Ranch Chicken (445) Borracho Beans (305) Cilantro Lime Rice (85) Green Beans (40) Mixed Fruit (60) 935 Calories	Fideo with Meat (326) Pinto Beans (120) Flour Tortilla (120) Orange Smiles (80) 646 Calories	BBQ Chicken Quarter (420) Roast Red Potatoes (150) Broccoli (40) Peaches (60) Jello Cup (90) 760 Calories	Closed	Closed
Monday Nov 30				
Chef Salad with Turkey and Ham (483) Citrus Vinaigrette (34) Creamy Tomato Basil Soup (264) Croutons (30) Orange Smiles (80) 891 Calories				

Area Agency on Aging

Funded through the Texas Department of Aging and Disability Services
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