

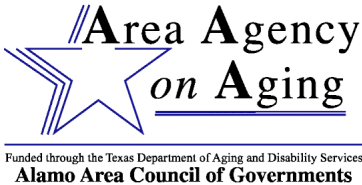



DECEMBER 2025 LUNCH MENU

Mon, Dec 1, 2025	Tues, Dec 2, 2025	Wed, Dec 3, 2025	Thurs, Dec 4, 2025	Fri, Dec 5, 2025
Kielbasa Sausage & Baby Potatoes, Green Beans Pudding Cup, Pears 783 calories	Tuna Noodle Casserole Tomato & Cucumber Salad Mixed Fruit, Ice Cream 687 calories	King Ranch Chicken Casserole, Cabbage Tomato Salad, Pinto Beans, Peaches 655 calories	Smothered Pork Chops Mashed Potatoes Green Beans, Apple Slices 613 calories	Egg Salad on Whole Grain Bread, Pickle Spear, Lettuce & Tomato, Chips, Mixed Fruit 675 calories
Mon, Dec 8, 2025	Tues, Dec 9, 2025	Wed, Dec 10, 2025	Thurs, Dec 11, 2025	Fri, Dec 12, 2025
Broccoli Cheese Soup ½ Turkey Sandwich on Whole Grain Bread Lettuce & Tomato Sliced Peaches 500 calories	Hamburger Goulash Seasoned Green Beans Dinner Roll, Peaches 554 Calories	Chili Cornbread Casserole Mixed Green Salad w/ Dressing Mixed Fruit 665 calories	Meatloaf w/ Gravy Mashed Potatoes Seasoned Gr Beans Mango Chunks 781 calories	Christmas Celebration Tamales, Pinto Beans & Rice Lettuce & Tomato Salad Fresh Orange Smiles 612 Calories
Mon, Dec 15, 2025	Tues, Dec 16, 2025	Wed, Dec 17, 2025	Thurs, Dec 18, 2025	Fri, Dec 19, 2025
Sweet & Sour Chicken, Steamed Rice, Broccoli Florets, Pears 716 calories	Honey Garlic Pork Chops Steamed White Rice Steamed Broccoli, Peaches 635 calories	Picadillo w/ Vermicelli Pinto Beans Lettuce & Tomato Salad Peaches 610 Calories	Spaghetti w/ Meat Sauce Green Salad w/ Dressing Garlic Bread Sliced Apples 748 calories	Tuna Salad on Whole Wheat Bread, Pickle Spear, Lettuce & Tomato, Chips, Peaches 668 calories
Mon, Dec 22, 2025	Tues, Dec 23, 2025	Wed, Dec 24, 2025	Thurs, Dec 25, 2025	Fri, Dec 26, 2025
Panko Crusted Fish Seasoned Rice Normandy Vegetables Apple Slices 625 calories	Gr Beef Stuffed Peppers Seasoned Rice Dinner Roll Fresh Orange Smiles 674 calories	Ham, Turkey, & Swiss on Honey Wheat Bread Lettuce, Tomato, Spreads, Chips, Mixed Fruit 740 Calories	 CASA HELOTES CLOSED	 CASA HELOTES CLOSED
Mon, Dec 29, 2025	Tues, Dec 30, 2025	Wed, Dec 31, 2025		
Chicken & Vegetable Noodle Soup, ½ Turkey & Cucumber Sandwich, Slice Peaches 669 calories	Gr Beef Cabbage Rolls Steamed White Rice Mixed Vegetables Fresh Orange Smiles 670 Calories	BBQ Sauced Baked Chicken Legs Slice Honey Wheat Bread Black-Eye Pea Salad Mixed Fruit Salad 500 calories	 Funded through the Texas Department of Aging and Disability Services Alamo Area Council of Governments	 Alamo Area Council of Governments