

Monday Aug 3	Tuesday Aug 4	Wednesday Aug 5	Thursday Aug 6	Friday Aug 7
Beef Lasagna(250) Tossed Caesar Salad(200) Garlic Bread(180) Peaches(60) Italian Ice(170) 860 Calories	Beef and Cheese Enchilada(362) Spanish Rice(150) Refried Beans(140) Mango Chunks(90) Chocolate Chip Cookies (160) 902 Calories	Chicken Chow Mein (440) Broccoli (40) Peaches (60) Fortune Cookie (35) 575 Calories	Pork Loin Chops(550) Mushroom Gravy(100) Squash Medley(75) Mashed Potatoes(125) Apple Sauce(55) 905 Calories	Hot Dog (450) Potato Chips (150) Corn on the Cob (80) Apple (70) Jello Cup (90) 840 Calories
Monday Aug 10	Tuesday Aug 11	Wednesday Aug 12	Thursday Aug 13	Friday Aug 14
Hamburger w/Onion Gravy (320) Mashed Potatoes (125) Broccoli (40) Mixed Fruit (70) Jello Cup (90) 645 Calories	Pulled Chicken Tacos(450) Spanish Rice(150) Pinto Beans(120) Pears (60) 780 Calories	Chicken Tetrizzini (550) Seasoned Green Beans (135) Peaches (60) Pudding Cup (100) 845 Calories	Chicken Parisienne (150) Rich White Gravy (100) Mashed Potatoes (125) Green Beans (20) Pineapple Chunks (60) Watergate Salad (167) 622 Calories	Cheeseburger (500) French Fries (250) Orange Smiles (80) Sherbet (80) 910 Calories
Monday Aug 17	Tuesday Aug 18	Wednesday Aug 19	Thursday Aug 20	Friday Aug 21
Spaghetti W/Meat Sauce (368) Caesar Salad (200) Garlic Bread (180) Peaches (60) Jello Cup (90) 898 Calories	Cheese Enchilada (360) Spanish Rice (150) Refried Beans (140) Pineapple Chunks (60) 710 Calories	BBQ Chicken Quarter (420) Melting Skillet Potatoes (275) Fried Okra (110) Green Grapes (50) Ice Cream Cup (130) 985 Calories	Ham and Turkey Sandwich (450) Lettuce, Tomato, Onion (40) Chips (150) Apple (70) Granola Bar (100) 810 Calories	Fish and Chips(800) Peas and Carrots (50) Mandarin Salad (100) 950 Calories
Monday Aug 24	Tuesday Aug 25	Wednesday Aug 26	Thursday Aug 27	Friday Aug 28
Chicken Alfredo (350) Green Salad (135) Salad Dressing (50) Apple (70) Pudding Cup (100) 705 Calories	Crunchy Beef Tacos (415) Lettuce Tomato Onion (40) Spanish Rice(150) Refried Beans(140) Orange Smiles(80) 825 calories	Baked Chicken Quarter (420) Roast Red Potatoes (150) Broccoli (40) Peaches (60) Jello Cup (90) 760 Calories	Meatloaf (340) Mushroom Gravy (100) Green Beans (20) Mashed Potatoes (125) Apple Sauce (55) Ice Cream Cup (130) 770 Calories	Fish Po Boy (600) Lemony Coleslaw (41) Potato Wedges (150) Pineapple Chunks (60) Pudding Cup (100) 951 Calories
Monday Aug 31				
Black Eyed Pea Italian Sausage Stew with Cornbread Dumplings (450) Sauteed Spinach (60) Mixed Fruit (70) Ice Cream Cup (130) 710 Calories	 Area Agency on Aging Funded through the Texas Department of Aging and Disability Services Alamo Area Council of Governments	 AACOG Alamo Area Council of Governments		