

# May 2026

 <p><b>AACO</b> Alamo Area Council of Governments</p>	 <p><b>Area Agency on Aging</b></p> <p><small>Funded through the Texas Department of Aging and Disability Services Alamo Area Council of Governments</small></p>			<p><b>Friday May 1</b></p> <p>Fish and Chips(800) Sweet Peas &amp; Onions (90) Mixed Fruit (70) 960 Calories</p>
<p><b>Monday May 4</b></p>	<p><b>Tuesday May 5</b></p>	<p><b>Wednesday May 6</b></p>	<p><b>Thursday May 7</b></p>	<p><b>Friday May 8</b></p>
<p>Meat Sauce Lasagna (250) Tossed Caesar (200) Garlic Bread(180) Peaches(60) Italian Ice(170) 900 Calories</p>	<p>Crunchy Tacos (350) Peppers and Onions (100) Refried Beans (140) Mango (90) Chocolate Chip Cookies (160) 840 calories</p>	<p>Salisbury Steak w/Gravy (500) Mashed Potatoes(125) Broccoli (30) Green Grapes (50) Jello Cup (90) 795 Calories</p>	<p>Chicken Piccata (250) Sautéed Spinach (100) Creamy Polenta (140) Green Apple Sauce (50) Mandarin Salad (160) 700 Calories</p>	<p>Panko Crusted Fish (300) Seasoned Rice (160) Normandy Vegetables (30) Orange Smiles (75) Ice Cream Cup (130) 695 Calories</p>
<p><b>Monday May 11</b></p>	<p><b>Tuesday May 12</b></p>	<p><b>Wednesday May 13</b></p>	<p><b>Thursday May 14</b></p>	<p><b>Friday May 15</b></p>
<p>Penne in Meat Sauce (350) Green Salad (135) Salad Dressing (50) Triple Berry Blend (85) Pudding Cup (100) 720 Calories</p>	<p>King Ranch chicken (450) Lettuce, Tomato, Onion etc (100) Cilantro Lime Rice(175) Pineapple Chunks (80) 805 calories</p>	<p>BBQ Chicken Quarter (420) Seasoned Rice (175) Fried Okra (110) Apples (65) Jello Cup (90) 860 Calories</p>	<p>Pork Loin Chop (500) Mushroom Onion Gravy(100) Mashed Potatoes (125) Green Beans (45) Peaches (60) Watergate Salad (165) 995 Calories</p>	<p>Fish Po Boy (600) Lemony Coleslaw (45) Steak Fries(100) Orange Smiles (75) Pudding Cup (100) 920 Calories</p>
<p><b>Monday May 18</b></p>	<p><b>Tuesday May 19</b></p>	<p><b>Wednesday May 20</b></p>	<p><b>Thursday May 21</b></p>	<p><b>Friday May 22</b></p>
<p>Spaghetti W/Meat Sauce (370) Caesar Salad (200) Garlic Bread (175) Mandarin Oranges (60) Italian Ice(170) 975 Calories</p>	<p>Meat &amp; Cheese Enchilada (400) Elote (1/2 ear) (100) Pinto Beans (140) Pears (90) Nutter Butter Cookies (135) 865 Calories</p>	<p>Ham and Turkey Sandwich with Lettuce, Tomato, Onion (450) Chips (150) Mixed Fruit (70) Sherbet (80) 750 Calories</p>	<p>Creamy Mushroom Chicken (425) Mashed Potatoes (125) Green Beans and Onions (50) Peaches (60) 660 Calories</p>	<p>Fish and Chips(800) Sweet Peas &amp; Onions (90) Mixed Fruit (70) 960 Calories</p>
<p><b>Monday May 25</b></p>	<p><b>Tuesday May 26</b></p>	<p><b>Wednesday May 27</b></p>	<p><b>Thursday May 28</b></p>	<p><b>Friday May 29</b></p>
<p><i>Closed Memorial Day</i></p>	<p>Soft Tacos (300) Spanish Rice(150) Refried Beans(140) Mango Chunks(90) Chocolate Chip Cookies (160) 840 Calories</p>	<p>Pork Roulade (550) Mashed Potatoes (125) Mixed Vegetables (75) Fruit Cocktail (100) Pudding Cup (100) 950 Calories</p>	<p>Cheeseburger with Lettuce, Tomato, Onion (500) Waffle Fries (140) Triple Berry Blend (85) Mandarin Salad (160) 885 Calories</p>	<p>Fish Nuggets (230) French Fries (200) Cole Slaw (40) Mixed Fruit (70) Ice Cream Cup (130) 670 Calories</p>

Approved 4.28.2026

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CDR 933123 Exp 8.26

TDLR DT06639 Exp 10.26