

 <p>AACOG Alamo Area Council of Governments</p>	 <p>Area Agency on Aging <small>Funded through the Texas Department of Aging and Disability Services</small> Alamo Area Council of Governments</p>	<p>Wednesday April 1</p> <p>Salisbury Steak w/Gravy (400) Roasted Red Potatoes (110) Green Beans(40) Mixed Fruit(70) Pudding Cup (100) 720 Calories</p>	<p>Thursday April 2</p> <p>Bacon Wrapped Pork Roast(550) Mushroom Onion Gravy(100) Yellow Squash Noodles(75) Mashed Potatoes (125) Mango chunks (90) 940 Calories</p>	<p>Friday April 3</p> <p>Fish and Chips(800) Sweet Peas(70) Fruit Cocktail(100) 970 Calories</p>
<p>Monday April 6</p> <p>Beef Bolognese Lasagna(250) Tossed Caesar Salad(200) Garlic Bread(180) Peaches(60) Italian Ice(170) 860 Calories</p>	<p>Tuesday April 7</p> <p>Tortilla Casserole w/chicken (700) Black Beans (125) Southwest Corn (80) Pineapple Pieces (80) 985 calories</p>	<p>Wednesday April 8</p> <p>Beef Tips and Gravy(340) Mashed Potatoes(125) Broccoli (30) Pears (84) Ice Cream Cup (160) 739 Calories</p>	<p>Thursday April 9</p> <p>Pork Loin Chops(550) Mushroom Gravy(100) Squash Medley(75) Roasted Red Potatoes(110) Apple Sauce(55) 890 Calories</p>	<p>Friday April 10</p> <p>Panko Crusted Fish (300) Seasoned Rice (160) Normandy Vegetables (30) Peaches (60) Ice Cream Cup (160) 710 Calories</p>
<p>Monday April 13</p> <p>Tuna Noodle Casserole(450) Peas and Carrots(80) Sliced Bread(70) Pineapple Chunks(80) Sherbet Cup(80) 760 Calories</p>	<p>Tuesday April 14</p> <p>Pulled Pork Tacos(450) Spanish Rice(154) Pinto Beans(121) Fruit Cocktail(100) 825 calories</p>	<p>Wednesday April 15</p> <p>BBQ Chicken Quarter (420) Melting Skillet Potatoes (275) Fried Okra (110) Green Grapes (50) 855 Calories</p>	<p>Thursday April 16</p> <p>Chicken Parisienne (150) Rich White Gravy (100) Mashed Potatoes (125) Green Beans (45) Peaches (60) Watergate Salad (167) 647 Calories</p>	<p>FIESTA PARTY Friday April 17</p> <p>Birria Tacos (400) Fideo Loco (300) Elote Spanish rice(150) Rice Pudding (110) Mandarian Orange (40) 1000 Calories</p>
<p>Monday April 20</p> <p>Spaghetti W/Meat Sauce (368) Caesar Salad (200) Garlic Bread (175) Mandarian Orange (40) Jello Cup (90) 873 Calories</p>	<p>Tuesday April 21</p> <p>Chicken/Cheese Quesadilla (400) Elote (1/2 ear) (100) Refried Beans (140) Pears (84) 724 Calories</p>	<p>Wednesday April 22</p> <p>Cheeseburger (500) Caramelized Onions (45) French Fries (250) Peaches (60) Sherbet (80) 935Calories</p>	<p>Thursday April 23</p> <p>Jägerschnitzel (500) (Breaded Fried Pork) Rich Brown Gravy (100) Mashed Potatoes (125) Asparagus (30) Cinnamon Apples (65) 820 Calories</p>	<p>Friday April 24</p> <p>Fish Po Boy (600) Lemony Coleslaw (41) Potato Wedges (150) Pineapple Chunks (80) Pudding Cup (100) 971 Calories</p>
<p>Monday April 27</p> <p>Black Eyed Pea Italian Sausage Casserole with Combread Dumplings (450) Sauteed Spinach (60) Mixed Fruit (70) Ice Cream Cup (160) 740 Calories</p>	<p>Tuesday April 28</p> <p>Cheese Enchilada(362) Spanish Rice(150) Refried Beans(140) Mango Chunks(90) Chocolate Chip Cookies (160) 898 Calories</p>	<p>Wednesday April 29</p> <p>Homestyle Meatloaf (350) Mashed Potatoes (125) Seasoned Green Beans (40) Fruit Cocktail (100) 615 Calories</p>	<p>Thursday April 30</p> <p>Baked Chicken Quarter (420) Roast Red Potatoes (150) Broccoli (30) Jello Cup (90) 690 Calories</p>	