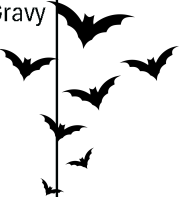
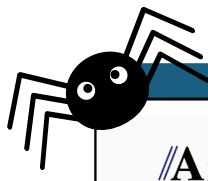


# October 2024 Lunch Menu



Monday	Tuesday	Wednesday	Thursday	Friday
 Area Agency on Aging <small>Funded through the Texas Department of Aging and Disability Services</small> Alamo Area Council of Governments	October 1, 2024 Creamy Tuscan Chicken Lemon Butter Orzo Roasted Green Beans Blueberry Yogurt 887	October 2, 2024 Lemon Butter Cod Loaded Baked Potatoes Steamed Broccoli Mandarin Oranges 774	October 3, 2024 Butter Beans with Ham White Rice Lemon Roasted Asparagus Ranch Roasted Carrots 846	October 4, 2024 Country Fried Steak with Gravy Mashed Potatoes Mixed Veggies Hawaiian Roll Banana Pudding 675
Monday	Tuesday	Wednesday	Thursday	Friday
October 7, 2024 Chicken Tetrazzini Sweet peas Side Salad Chocolate Pudding 881	October 8, 2024 Smothered Pork Chops White Rice Broccoli and Cheese Strawberries SF Jello 729	October 9, 2024 Turkey Cobb Salad Baked Potato Soup Crackers Orange SF Jello 981	October 10, 2024 Chili Jalapeno Cornbread Parmesan Brussell Sprouts Vanilla Pudding 995	October 11, 2024 Baked BBQ Chicken Legs Baked Beans Coleslaw Blueberry Yogurt 1055
Monday	Tuesday	Wednesday	Thursday	Friday
October 14, 2024 Lasagna Side Salad Fruit Salad Oatmeal Cookie 717	October 15, 2024 Chopped Brisket Sandwich Mixed Vegetables Side Salad Fruit Cocktail 796	October 16, 2024 Loaded Beef Nachos Beans Sour Cream Corn Salad Apple 858	October 17, 2024 Chicken Noodle Soup Roasted Yellow Squash Garlic Bread Sliced Peaches 637	October 18, 2024 Ham & Cheese Sandwich Split Pea Soup w/croutons Orange SF Jello 946
Monday	Tuesday	Wednesday	Thursday	Friday
October 21, 2024 Chicken Alfredo Side Salad Apple Chocolate Cookie 524	October 22, 2024 Salisbury Meatballs in Gravy Mashed Potatoes Green Beans Yogurt with Fruit 742	October 23, 2024 Chicken & Vegetable Stir Fry Fried Rice Chocolate Pudding 822	October 24, 2024 Beef Tips White Rice Mixed Veggies Fruit Cocktail 665	October 25, 2024 Crispy Beef Tacos Side Salad Mexican Rice Pinto Bean Mandarin Oranges 877
Monday	Tuesday	Wednesday	Thursday	Friday
October 28, 2024 Marry Me Chicken Roasted Sweet Potato Sauteed Cabbage Yogurt 765	October 29, 2024 Chicken Caesar Salad Stuffed Mushrooms Garlic Bread Pear Halves 766	October 30, 2024 Pot Roast Mashed Potatoes Roasted Green Beans Hawaiian Roll SF Jello 710	October 31, 2024 Chicken, Broccoli & Rice Casserole Roasted Carrots Oatmeal Cookie 792	 AACOG Alamo Area Council of Governments



Carey Stites MS, RDN, LD

Registered Dietitian License expires 8/31/2025

Texas Licensed Dietitian expires 10/31/2024