

Monday June 1	Tuesday June 2	Wednesday June 3	Thursday June 4	Friday June 5
Beef Lasagna(250) Tossed Caesar Salad(200) Garlic Bread(180) Peaches(78) Italian Ice(170) 878 Calories	Pulled Pork Tacos(450) Spanish Rice(150) Pinto Beans(121) Fruit Cocktail(100) Rice Pudding (125) 946 Calories	Chicken Chow Mein (440) Broccoli (40) Peaches (78) Fortune Cookie (35) 593 Calories	Pork Loin Chops(550) Mushroom Gravy(100) Squash Medley(75) Mashed Potatoes(125) Apple Sauce(55) 905 Calories	Fish and Chips(800) Sweet Peas(70) Fruit Cocktail(100) SF Jello Cup (5) 975 Calories
Monday June 8	Tuesday June 9	Wednesday June 10	Thursday June 11	Friday June 12
Penne in Meat Sauce (350) Green Salad (135) Salad Dressing (50) Orange Smiles(70) Pudding Cup (100) 705 Calories	Beef and Cheese Enchilada(362) Spanish Rice(150) Refried Beans(136) Pineapple Chunks (80) Chocolate Chip Cookies (160) 888 Calories	Ham and Turkey Sandwich (450) Lettuce, Tomato, Onion Chips (150) Mixed Fruit (70) Sherbet (80) 750 Calories	Chicken Parisienne (150) Rich White Gravy (100) Mashed Potatoes (125) Green Beans (45) Pineapple Chunks (80) Watergate Salad (167) 667 Calories	Panko Crusted Fish (300) Seasoned Rice (160) Normandy Vegetables (30) Peaches (78) Ice Cream Cup (130) 698 Calories
Monday June 15	Tuesday June 16	Wednesday June 17	Thursday June 18	Friday June 19
Spaghetti W/Meat Sauce (368) Caesar Salad (200) Garlic Bread (180) Peaches (78) SF Jello Cup (5) 831 Calories	Cheese Quesadilla (400) Elote (1/2 ear) (100) Refried Beans (136) Pears (60) 696 Calories	BBQ Chicken Quarter (420) Melting Skillet Potatoes (275) Fried Okra (110) Green Grapes (50) Ice Cream Cup (130) 985 Calories	Hot Dog Party (450) Potato Chips (150) Corn on the Cob (80) Apple Sauce (55) SF Jello Cup (5) 740 Calories	Fish and Chips(800) Peas and Carrots (50) Mandarin Salad (100) 950 Calories
Monday June 22	Tuesday June 23	Wednesday June 24	Thursday June 25	Friday June 26
Salisbury Steak w/Gravy (400) Mashed Potatoes (125) Green Beans(45) Mixed Fruit(70) SF Jello Cup (5) 645 Calories	Crunchy Beef Tacos (415) Lettuce Tomato Onion (40) Spanish Rice(150) Refried Beans(136) Orange Smiles(70) 811 Calories	Gr Turkey Cabbage Rolls (285) Steamed Rice (115) Mixed Vegetables (70) Banana (95) Nutter Butter Cookie (135) 700 Calories	Cheeseburger (500) Caramelized Onions (45) French Fries (250) Normandy Vegetables (30) Peaches (78) Sherbet (80) 983 Calories	Fish Po Boy (600) Lemony Coleslaw (41) Potato Wedges (150) Pineapple Chunks (80) Pudding Cup (100) 971 Calories
Monday June 29	Tuesday June 30			
Black Eyed Pea Italian Sausage Stew with Combread Dumplings (450) Broccoli (45) Mixed Fruit (70) Ice Cream Cup (130) 695 Calories	Beef and Cheese Enchilada(362) Spanish Rice(150) Refried Beans(136) Pineapple Chunks (80) Chocolate Chip Cookies (160) 888 Calories	Approved 5.30.26 <i>Carey Stites MS, RD, LD</i> Carey Stites MS, RD, LD CDR #933123 Exp 10.31.26 TDLR #DT06639 Exp 8.31.26	 <b>AACOG</b> Alamo Area Council of Governments	 Area Agency on Aging <small>Funded through the Texas Department of Aging and Disability Services</small> Alamo Area Council of Governments