

Monday June 1 Beef Lasagna(250) Tossed Caesar Salad(200) Garlic Bread(180) Peaches(78) Italian Ice(170) 878 Calories	Tuesday June 2 Pulled Pork Tacos(450) Spanish Rice(150) Pinto Beans(121) Fruit Cocktail(100) Rice Pudding (125) 946 Calories	Wednesday June 3 Chicken Chow Mein (440) Broccoli (40) Peaches (78) Fortune Cookie (35) 593 Calories	Thursday June 4 Pork Loin Chops(550) Mushroom Gravy(100) Squash Medley(75) Mashed Potatoes(125) Apple Sauce(55) 905 Calories	Friday June 5 Fish and Chips(800) Sweet Peas(70) Fruit Cocktail(100) SF Jello Cup (5) 975 Calories
Monday June 8 Penne in Meat Sauce (350) Green Salad (135) Salad Dressing (50) Orange Smiles(70) Pudding Cup (100) 705 Calories	Tuesday June 9 Beef and Cheese Enchilada(362) Spanish Rice(150) Refried Beans(136) Pineapple Chunks (80) Chocolate Chip Cookies (160) 888 Calories	Wednesday June 10 Ham and Turkey Sandwich (450) Lettuce, Tomato, Onion Chips (150) Mixed Fruit (70) Sherbet (80) 750 Calories	Thursday June 11 Chicken Parisienne (150) Rich White Gravy (100) Mashed Potatoes (125) Green Beans (45) Pineapple Chunks (80) Watergate Salad (167) 667 Calories	Friday June 12 Panko Crusted Fish (300) Seasoned Rice (160) Normandy Vegetables (30) Peaches (78) Ice Cream Cup (130) 698 Calories
Monday June 15 Spaghetti W/Meat Sauce (368) Caesar Salad (200) Garlic Bread (175) Peaches (78) SF Jello Cup (5) 826 Calories	Tuesday June 16 Cheese Quesadilla (400) Elote (1/2 ear) (100) Refried Beans (136) Pears (60) 696 Calories	Wednesday June 17 BBQ Chicken Quarter (420) Melting Skillet Potatoes (275) Fried Okra (110) Green Grapes (50) Ice Cream Cup (110) 965 Calories	Thursday June 18 Hot Dog Party (450) Potato Chips (150) Corn on the Cob (80) Apple Sauce (55) SF Jello Cup (5) 740 Calories	Friday June 19 Fish and Chips(800) Peas and Carrots (50) Mandarin Salad (100) 950 Calories
Monday June 22 Salisbury Steak w/Gravy (400) Mashed Potatoes (125) Green Beans(45) Mixed Fruit(70) SF Jello Cup (5) 645 Calories	Tuesday June 23 Crunchy Beef Tacos (415) Lettuce Tomato Onion (40) Spanish Rice(150) Refried Beans(136) Orange Smiles(70) 811 Calories	Wednesday June 24 Gr Turkey Cabbage Rolls (285) Steamed Rice (115) Mixed Vegetables (70) Banana (95) Nutter Butter Cookie (135) 700 Calories	Thursday June 25 Cheeseburger (500) Caramelized Onions (45) French Fries (250) Normandy Vegetables (30) Peaches (78) Sherbet (80) 983 Calories	Friday June 26 Fish Po Boy (600) Lemony Coleslaw (41) Potato Wedges (150) Pineapple Chunks (80) Pudding Cup (100) 971 Calories
Monday June 29 Black Eyed Pea Italian Sausage Stew with Combread Dumplings (450) Broccoli (45) Mixed Fruit (70) Ice Cream Cup (130) 695 Calories	Tuesday June 30 Beef and Cheese Enchilada(362) Spanish Rice(150) Refried Beans(136) Pineapple Chunks (80) Chocolate Chip Cookies (160) 888 Calories	 Funded through the Texas Department of Aging and Disability Services Alamo Area Council of Governments	 AACOG Alamo Area Council of Governments	