



OCTOBER LUNCH MENU

Funded through the Texas Department of Aging and Disability Services
Alamo Area Council of Governments



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of Governments

Wednesday, Oct 1, 2025

Calabacita con Pollo
Mexican Chicken & Squash
Stew (347), Seasoned Rice
(156), Pinto Beans (95),
Mango Chunks (80)
678 calories

Thursday, Oct 2, 2025

Penne Pasta Bake (492)
Mixed Green Salad w/
Dressing (135)
Garlic Texas Toast (140)
Fruit Cup (70)
837 calories

Friday, Oct 5, 2025

Pasta Fagioli Soup (299)
½ Ham & Cheese Sandwich
(210)
Cantaloupe Chunks (70)
Sherbert Cup (90)
669 calories

Monday, Oct 6, 2025

Chicken Tetrazzini (573)
Garden Salad w/ Dressing
(135)
Dinner Roll (80)
Sliced Peaches (70)
858 calories

Tuesday, Oct 7, 2025

Hamburger Steak with Onion
Mushroom Gravy (498)
Mashed Potatoes (195)
Seasoned Gr Beans (50)
Fruit Cup (70)
813 calories

Wednesday, Oct 8, 2025

Chicken Ranchero (250)
Seasoned Rice (120)
Pinto Beans (95),
Flour Tortilla (90),
Sliced Pears (70)
625 calories

Thursday, Oct 9, 2025

Egg Roll in a Bowl (240)
Seasoned Rice w/Peas &
Carrots (260)
Sliced Peaches (70)
Fortune Cookie (26)
596 calories

Friday, Oct 10, 2025

Grilled Chicken Breast
Strips (200)
Broccoli Cranberry Salad
(314), Fruit Cup (70)
584 calories

Monday, Oct 13, 2025

Spaghetti w Meat Sauce (423)
Mixed Green Salad w/
Dressing (135)
Garlic Toast (140)
Mango Chunks (80)
778 calories

Tuesday, Oct 14, 2025

Roasted Bone-In Chicken
Thigh with Potatoes and
Tarragon (546)
Broccoli & Cauliflower (25)
Warm Apple Slices (70)
641 calories

Wednesday, Oct 15, 2025

Soft Rolled Beef Tacos (270)
Cabbage & Tomato Slaw
(25), Seasoned Rice (120)
Pinto Beans (95), Mixed Fruit
Cup (70)
580 calories

Thursday, Oct 16, 2025

Panko Crusted Fish (395)
Mac n Creamy Cheese
Sauce (288)
Steamed Broccoli (40)
Pears (70)
793 calories

Friday, Oct 17, 2025

Chicken Gnocchi Soup
(376), Mixed Vege (60)
Buttermilk Biscuit (160)
Mango Chunks (80)
Ice Cream Cup (130)
806 calories

Monday, Oct 20, 2025

Sweet & Sour Chicken (496)
Steamed Rice (110)
Broccoli Florets (40)
Fruit Cup (70)

716 calories

Tuesday, Oct 21, 2025

Hamburger Goulash (354)
Seasoned Green Beans (50)
Dinner Roll (80)
Apple Slices (57)

541 Calories

Wednesday, Oct 22, 2025

Pork Tamales (2) with
Ranchero Sauce (252)
Seasoned Rice (110),
Cabbage & Tomato Slaw
(25), Pinto Beans (95)
Sliced Peaches (70)

552 Calories

Thursday, Oct 23, 2025

Meatloaf w/ Gravy (451)
Mashed Potatoes (200)
Seasoned Gr Beans (50)
Mango Chunks (80)

781 Calories

Friday, Oct 24, 2025

Cranberry & Pecan Chicken
Salad (364), 5 Ritz Crackers
(80), Pickled Beets (23)
Watergate Salad (173)

640 Calories

Monday, Oct 27, 2025

Honey Mustard Chicken Thigh
(300), Seasoned Penne Pasta
(150)
Broccoli Florets (40)
Orange Smiles (50)
540 calories

Tuesday, Oct 28, 2025

Crusted Oven Baked Fish
(395), Cole Slaw (79)
Tartar Sauce (64)
Seasoned Gr Beans (50)
Mixed Fruit Cup (70)
658 calories

Wednesday, Oct 29, 2025

Green Chili Chicken Tortilla
Casserole (460)
Cabbage Tomato Salad (30)
Pinto Beans (95)
Sliced Peaches (70)
655 calories

Thursday, Oct 30, 2025

Hamburger on Bun (480)
Lettuce/Tomato (40)
Condiments (90)
Oven Crinkle Fries (120)
Mixed Fruit Cup (70)
800 calories

Friday, Oct 31, 2025

BOOO! Happy Halloween!
Mummy Hot Dogs (446)
Chips (160), Ranch Dip
(140), Carrots & Celery (33)
Mandarian slices (47)
826 Calories