

# Octubre 2024 Menú



| Monday                                                                                                                                                                                                                                              | Tuesday                                                                                                                         | Wednesday                                                                                                                      | Thursday                                                                                                                      | Friday                                                                                                                                            |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Area Agency on Aging</b><br><br><small>Funded through the Texas Department of Aging and Disability Services</small><br><b>Alamo Area Council of Governments</b> | October 1, 2024<br>Pollo Toscano Cremoso<br>Orzo de Mantequilla de Limón<br>Judías Verdes Tostadas<br>Yogur De Arándanos<br>887 | October 2, 2024<br>Bacalao con Mantequilla de Limón<br>Papa al Horno Cargada<br>Brócoli al Vapor<br>Naranjas Mandarinas<br>774 | October 3, 2024<br>Frijoles con Jamón<br>Arroz Blanco<br>Espárragos Asados al Limón<br>Zanahorias Asadas Estilo Rancho<br>846 | October 4, 2024<br>Filete Frito Con Salas Campestre<br>Puré de Patatas<br>Verduras Mixtas<br>Rollo Hawaiano<br>Budín de Plátano<br>675            |
| Monday                                                                                                                                                                                                                                              | Tuesday                                                                                                                         | Wednesday                                                                                                                      | Thursday                                                                                                                      | Friday                                                                                                                                            |
| October 7, 2024<br>Tetrassini de Pollo<br>Guisantes Dulces<br>Ensalada<br>Budin de Chocolate<br>881                                                                                                                                                 | October 8, 2024<br>Chuletas de Cerdo Asadas<br>Arroz Blanco<br>Brocoli y Queso<br>Fresas<br>Gelatina Sin Azucar<br>729          | October 9, 2024<br>Ensalada de Pavo<br>Sopa de Patatas al Horno<br>Gelletas Saladas<br>Naranja<br>Gelatina Sin Azucar<br>981   | October 10, 2024<br>Chile<br>Pan de Maiz y Jalapeno<br>Coles de Bruselas con Parmesano<br>Budin de Vainilla<br>995            | October 11, 2024<br>Muslos de Pollo BBQ Al Horno<br>Frijoles Horneados<br>Ensalada de Col<br>Blueberry Yogurt<br>1055                             |
| Monday                                                                                                                                                                                                                                              | Tuesday                                                                                                                         | Wednesday                                                                                                                      | Thursday                                                                                                                      | Friday                                                                                                                                            |
| October 14, 2024<br>Lasaña<br>Ensalada<br>Ensalada de Fruta<br>Galleta de Avena<br>717                                                                                                                                                              | October 15, 2024<br>Sándwich de Pechuga Picada<br>Verduras Mixtas<br>Ensalada<br>Coctel de Frutas<br>796                        | October 16, 2024<br>Nachos de Carne Cargados<br>Frijoles<br>Cream Agria<br>Ensalada de Elote<br>Manzana<br>858                 | October 17, 2024<br>Sopa de Pollo<br>Calabaza Amarilla Asada<br>Pan de Ajo<br>Duraznos Rebanados<br>637                       | October 18, 2024<br>Sándwich de Jamón y Queso<br>Sopa de Guisantes con<br>Picatostes<br>Naranja<br>Gelatina Sin Azucar<br>946                     |
| Monday                                                                                                                                                                                                                                              | Tuesday                                                                                                                         | Wednesday                                                                                                                      | Thursday                                                                                                                      | Friday                                                                                                                                            |
| October 21, 2024<br>Pollo Alfredo<br>Ensalada<br>Manzana<br>Galleta de Chocolate<br>524                                                                                                                                                             | October 22, 2024<br>Albóndigas Salisbury en Salsa<br>Pure de Papa<br>Judías Verdes<br>Yogur con Fruta<br>742                    | October 23, 2024<br>Salteado de Poo y Verduras<br>Arroz Frito<br>Budin de Chocolate<br>822                                     | October 24, 2024<br>Consejos de Carne<br>Arroz Blanco<br>Verduras Mixtas<br>Coctel de Frutas<br>665                           | October 25, 2024<br>Tacos Crujientes de Carne<br>Ensalada<br>Arroz Mexicano<br>Frijoles Pintos<br>Naranjas Mandarinas<br>877                      |
| Monday                                                                                                                                                                                                                                              | Tuesday                                                                                                                         | Wednesday                                                                                                                      | Thursday                                                                                                                      | Friday                                                                                                                                            |
| October 28, 2024<br>Cásate Conmigo Pollo<br>Batata Asada<br>Repollo Salteado<br>Yogur<br>765                                                                                                                                                        | October 29, 2024<br>Ensalada César con Pollo<br>Champiñones Rellenos<br>Pan de Ajo<br>Mitades de Pera<br>766                    | October 30, 2024<br>Puedo Asar<br>Pure de Papa<br>Judías Verdes Tostadas<br>Rollo Hawaiano<br>Gelatina Sin Azucar<br>710       | October 31, 2024<br>Cazuela de Pollo, Brócoli y Arroz<br>Zanahorias Asadas<br>Galleta de Avena<br>792                         | <br><b>AACOG</b><br><b>Alamo Area Council of Governments</b> |



Carey Stites MS, RDN, LD

Registered Dietitian License expires 8/31/2025

Texas Licensed Dietitian expires 10/31/2024