

September

MOW Meal Menu

Monday	Tuesday	Wednesday	Thursday	Friday
 <p>AACOG Alamo Area Council Of Governments</p>			<p>1</p> <p>Fried Chicken w/Gravy Gracious Greens Mashed Potatoes Orange</p>	<p>2</p> <p>Grilled Chicken Teriyaki Ginger Rice Parslied Carrots Diced Peaches</p>
<p>5</p>  <p>We will be CLOSED TO OBSERVE Labor DAY</p>	<p>6</p> <p>Glazed Meatloaf Cilantro Rice Seasoned Cabbage Hawaiian Roll Banana</p>	<p>7</p> <p>Beef Tamales Spanish Rice Refried Beans Apple Yogurt</p>	<p>8</p> <p>Chicken a la King Summer Squash Asparagus Tips & Red Pepper Dinner Roll Craisins</p>	<p>9</p> <p>Cheese Ravioli w/Meat Sauce Roasted Brussel Sprouts Peaches & Oats Sliced Bread</p>
<p>12</p> <p>Chicken Alfredo Casserole Green Beans Strawberry Crisp Dinner Roll</p>	<p>13</p> <p>Chili Loaded Potato Skins Buttered Broccoli Parslied Carrots Apple</p>	<p>14</p> <p>Mesquite Smoked Chicken Spinach Baked Beans Dinner Roll Orange</p>	<p>15</p> <p>Beef Cavatappi Broccoli & Cauliflower Hawaiian Roll Banana</p>	<p>16</p> <p>Cheese Enchilada w/Red Sauce Roasted Corn & Pepper Blend Ruby Slipper Pears Yogurt</p>
<p>19</p> <p>Picadillo Spanish Rice Refried Beans Cinnamon Applesauce</p>	<p>20</p> <p>Creamy Pesto Chicken Seasoned Broccoli Mediterranean Orzo Dinner Roll Apple</p>	<p>21</p> <p>Salisbury Steak w/Gravy Mashed Potatoes Parslied Carrots Dinner Roll Banana</p>	<p>22</p> <p>Arroz con Pollo Spanish Green Beans Cornbread Orange</p>	<p>23</p> <p>Manicotti w/Tomato Sauce Buttered Brussel Sprouts Hawaiian Roll Dried Apple Crisps</p>
<p>26</p> <p>Chili Cornbread Bowl Almondine Green Beans Peaches & Oats Craisins</p>	<p>27</p> <p>Chicken Parmesan Nuggets Tomato Penne Pasta Capri Blend Banana</p>	<p>28</p> <p>Homestyle Meatloaf Seasoned Cabbage Mashed Potatoes Sliced Bread Strawberry Applesauce</p>	<p>29</p> <p>Oven Fried Chicken Breast Garden Pasta Salad Stewed Tomatoes Slice Bread Orange</p>	<p>30</p> <p>Veggie Bolognese Asparagus Tips & Red Pepper Hawaiian Roll Strawberry Yogurt Oreos</p>

Fellowship Meals are served Monday - Thursday 11:30am - 12:00pm, Fridays 11:00am - 11:30am

LUNCH IS SERVED FOR 1/2 HOUR ONLY

Suggested Donation \$4 • Menus are subject to change