



Helping Here.

Chef
Albert Rodriguez

CITY OF SAN ANTONIO COMMANDER'S HOUSE ADULT AND SENIOR CENTER

December 2016



CITY OF SAN ANTONIO
PARKS & RECREATION

Community Center Leader
Angel Ruiz

Community Center Leader
Jorge De La Rosa Jr.

Recreation Supervisor
Gloria De La Cruz-Sandoval

LUNCH IS BY RESERVATION
ONLY. PLEASE MAKE
RESERVATIONS BY
WEDNESDAY OF THE PREVIOUS
WEEK.

Tuesday, November 29
Parmesan Chicken,
Orzo Pasta, Broccoli,
Salad, Roll,
Danish

Tuesday, December 6
BBQ Chicken Breast,
Rosemary Potatoes, Spicy Corn,
Salad, Roll,
Cherry Pie

Tuesday, December 13
Christmas Lunch
Holiday Ham,
Scalloped Potatoes,
Green Beans, Salad, Roll,
Apple Pie

Tuesday, December 20
Kitchen Closed

Tuesday, December 27
Kitchen Closed

Wednesday, November 30
Meatloaf,
Mac & Cheese, Peas & Carrots,
Salad, Roll,
Apple Turnover

Wednesday, December 7
Salisbury Steak,
Mashed Potatoes, Peas & Carrots,
Salad, Cornbread,
Oatmeal Cookie

Wednesday, December 14
Christmas Lunch
Holiday Ham,
Rosemary Potatoes,
Harvest Corn, Salad, Roll,
Pumpkin Pie

Wednesday, December 21
Kitchen Closed

Wednesday, December 28
Kitchen Closed

Thursday, December 1
Pork Roast,
Mushroom Rice, Green Beans,
Salad, Cornbread,
Chocolate Chip Cookies

Thursday, December 9
Tuna Melt Sandwich,
Spring Mix w/Strawberry Vinaigrette,
House Soup,
Cupcake

Thursday, December 16
Christmas Lunch
Holiday Ham,
Garlic Mashed Potatoes,
Seasoned Brussel Sprouts, Salad, Roll,
Pecan Pie

Thursday, December 23
Kitchen Closed

Thursday, December 30
Kitchen Closed

FOOD ALLERGY NOTICE

We serve foods that contain milk, wheat, soy, eggs, peanuts, tree nuts, fish and shellfish.

Though we appreciate the challenges posed by anyone having a food allergy, food sensitivity or food intolerance, we do not have the ability to accommodate any such allergies, sensitivities or intolerances at this time.

Upon request, we will provide you with any ingredient information available to us but there is always a risk of contamination. If in doubt about what precautions you can take or what risks you may expose yourself to, please consult with a physician as neither the HEB Kitchen Staff nor the Commander's House Staff can make those decisions for you.

For Reservations Contact Jorge De La Rosa
622 S. Flores, San Antonio, Texas 78204

Phone: 210.207.3010

E-mail: jorge.delarosaJR@sanantonio.gov