



Helping Here.

Chef  
Albert Rodriguez



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.

For Reservations Contact Jorge De La Rosa  
622 S. Flores, San Antonio, Texas 78204  
Phone: 210.207.3010  
E-mail: [Jorge.DelarosaJR@sanantonio.gov](mailto:Jorge.DelarosaJR@sanantonio.gov)

# CITY OF SAN ANTONIO COMMANDERS HOUSE ADULT AND SENIOR CENTER

*October 2015*

**Sign Up for Art, Fitness, Jewelry, Music  
or Sculpting Classes Today!  
Session I Begins October 5, 2015**

**Tuesday, October 6**

Italian Chicken,  
Pasta, Veggies,  
Breadstick,  
Cheesecake

**Tuesday, October 13**

Stuffed Bell Pepper,  
Mashed Potatoes, Spicy Roasted Corn,  
Salad, Roll,  
Red Velvet Cake

**Tuesday, October 20**

Garlic Shrimp,  
Red Roasted Potatoes, Veggie Medley,  
Salad, Roll,  
Cupcakes

**Tuesday, October 27**

Chicken Cutlet,  
Mushroom Rice, Broccoli,  
Salad, Cornbread,  
Apple Cobbler

**Wednesday, October 7**

Chopped BBQ Beef Sandwich,  
Macaroni Salad, Mexicali Corn,  
Salad,  
Birthday Cake

**Wednesday, October 14**

Minestrone Soup,  
Garden Salad,  
Garlic Bread,  
Tiramisu

**Wednesday, October 21**

Chicken Fajitas,  
Rice, Spanish Beans,  
Salad,  
Empanadas

**Wednesday, October 28**

Tamales,  
Rice, Beans,  
Salad,  
Oatmeal Cookie

**Thursday, October 1**

Meatloaf,  
Mac & Cheese, Corn,  
Roll, Salad,  
Chocolate Cake

**Thursday, October 8**

Baked Tilapia,  
Roasted Potatoes, Mixed Veggies,  
Salad, Roll,  
Cupcakes

**Thursday, October 15**

Breaded Chicken,  
Scalloped Potatoes, Green Beans,  
Salad, Biscuit,  
Banana Cream Pie

**Thursday, October 22**

Beef Lasagna,  
Italian Veggies, Salad,  
Breadstick,  
Carrot Cake

**Thursday, October 29**

Pork Chops,  
Baked Sweet Potatoes, Peas & Carrots,  
Salad, Roll,  
Lemon Bar

## 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.

**HALLOWEEN DINNER DANCE**  
**Friday, October 23, 2015**  
**6 - 9 pm, \$10 pp**  
**Tickets on Sale Now!**