



MEALS on WHEELS
MONTGOMERY COUNTY

EMC Senior Center

FEB 2023

Congregate Dining Menu

Serving Montgomery Co. Senior Citizens age 60+

Open Monday-Thursday 8am-3pm

Friday's 8am-12pm

Lunch At 11:30

<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
	BINGO	Agrilife 12:00	BINGO	
		1. Cornbread Turkey Strata Roasted Apples Mixed Veggies	2. Egg Salad Sandwich Coleslaw Key Lime Bars (Purple)	3. Southwestern Scramble Green Beans Brownies
6. Goulsh Italian Veggies Chocolate Snack Cake Cindy W/ Encompass Health Checking Blood Pressure & Blood Sugar Levels 10:30-12	7. Chicken & Sausage Gumbo Cornbread Broccoli Normandy	8. Salisbury Steak W / Mushroom Gravy Mashed Potatoes Mixed Veggies No Agrilife	9. Italian Pasta Salad Coleslaw Fresh Fruit (Green)	10. Cottage Pie Broccoli Roasted Apples
13. Spaghetti Bolognese Italian Veggies Spice Cake Cindy W/ Encompass Health Checking Blood Pressure & Blood Sugar Levels 10:30-12	14. Anch Beef Stacked Enchiladas Black Beans Rice Party	15. Chimichurri Chicken Over Ratatouille Cheesy Penne Broccoli	16. Chicken Salad Pasta Salad Fresh Fruit (Red, White or Blue)	17. Mississippi Pot Roast Braised Cabbage Blueberry
20. HOLIDAY President's Day	21. Chicken Tenders W/Gravy Mac & Cheese Green Beans	22. Meatloaf Mashed Potatoes Green Beans Splendor Elem.(Greenleaf) Will bring socks for the Sr.	23. Whole Roasted Chicken Cornbread Stuffing Brussel Sprouts Mardi Gras (Gold)	24. Chicken Fettuccine Italian Veggies Chocolate Snake Cake
27. Navy Bean & Ham Soup Cornbread Green Beans Cindy W/ Encompass Health Checking Blood Pressure & Blood Sugar Levels 10:30-12	28. Chicken Broccoli Rice Casserole Mixed Veggies Spiced Cake		Bingo Starts @ 12:00. \$2.00 per person to play. Lunch is \$1.00. You must live in Mont. Co to eat lunch.	