



EMC SENIOR CENTER

21679 McCleskey Road, New Caney, TX 77357

281-577-8911



CONGREGATE DINING MENU MARCH 2023



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Encompass Health Blood Pressure Checks Mondays @ 10:30am - 12:00pm	BINGO	Agrilife Class Wednesdays @ 12:00pm 1 CHICKEN MARSALA OVER EGG NOODLES ITALIAN VEGGIES BROWNIE	BINGO 2 BLACKENED CATFISH DIRTY RICE MUSTARD GREENS ANIMAL PRINT 🐾	3 ITALIAN PASTA SALAD POTATO SALAD FRESH FRUIT
6 LENTIL SOUP CORNBREAD ROASTED APPLES W/ RAISINS	7 CHICKEN SAUSAGE & SHRIMP JAMBALAYA MUSTARD GREENS ROASTED SWEET POTATOES	8 ROASTED PORK LOIN W/ CHIMMICHURRI CHESSY PENNE GREEN BEANS	9 TUNA SALAD SANDWICH COLESLAW FRESH FRUIT WESTERN	10 GARDEN SALAD BROCCOLI SALAD CHEESECAKE
13 SHRIMP & GRITS GREEN PEAS OATMEAL BARS	14 COTTAGE PIE GREEN BEANS FRUIT COMPOTE	15 CHUCKWAGON CHOPPED BEEF OKRA & TOMATOES SPICED CHUNKY APPLESAUCE	16 TACO SALAD TEXAS CAVIAR WATERMELON ST. PATRICKS DAY	17 TWICE BAKED POTATOES RATATOUILLE CHUCKWAGON CORN
20 SOUTHWESTERN SCRAMBLE BROCCOLI NORMANDY OATMEAL BARS	21 BAKED COD W/ LEMON CREAM SAUCE ROASTED POTATOES BRUSSEL SPROUTS	22 MISSISSIPPI POT ROAST FOCACCIA GREEN BEANS	23 CHICKEN SALAD SANDWICH COLESLAW FRESH FRUIT FLORAL 🌸	24 SRI LANKAN CHICKEN BASAMATI RICE ORIENTAL VEGETABLES
27 RED BEANS & RICE CORNBREAD BRUSSEL SPROUTS	28 PULLED PORK ANCHO ENCHILADA STACK BLACK BEANS BROCCOLI SENIOR DAY @ COUNTY FAIR	29 BEEF STEW CORNBREAD GREEN BEANS	30 BBQ BRISKET DEVILED EGGS COLESLAW TEXAS CAVIAR YELLOW 🍰	31 CHICKEN FAJITA CHARRO BEANS RICE

SERVING MONTGOMERY COUNTY SENIOR CITIZENS AGES 60+

OPEN MONDAY - THURSDAY
8AM - 3PM
FRIDAY
8AM - 12PM

LUNCH @ 11:30AM

**BINGO
STARTS @ 12PM
\$2.00 PER PERSON
TO PLAY
LUNCH IS \$1.00
YOU MUST LIVE IN
MONTGOMERY
COUNTY TO EAT
LUNCH**

