



EMC SENIOR CENTER

21679 McCleskey Road, New Caney, TX 77357

281-577-8911



MEALS on WHEELS
MONTGOMERY COUNTY

CONGREGATE DINING MENU



JUNE 2023



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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Encompass Health Blood Pressure Checks Mondays @ 10:30am - 12:00pm	BINGO	Agrilife Class Wednesdays @ 12:00pm	BINGO 1 ITALIAN PASTA SALAD CREAMY COLESLAW WATERMELON	2 CHICKEN NOODLE CASSEROLE CARROTS BROWNIES
5 CHICKEN, SHRIMP & SAUSAGE JUMBALAYA MUSTARD GREENS ROASTED SWEET POTATOES	6 COTTAGE PIE GREEN BEANS FRUIT COMPOTE	7 PORK LOIN W/ CHIMICHURRI SAUCE MAC & CHEESE BROCCOLI NORMANDY	8 BLT SALAD W/ AVOCADO & RANCH POTATO SALAD WATERMELON	9 SOUTHWESTERN SCRAMBLE BROCCOLI NORMANDY OATMEAL BARS
12 SPLIT PEA & HAM SOUP CORNBREAD FRUIT COMPOTE	13 TOMATILLO CHICKEN OVER RICE PINTO BEANS PEAS & CARROTS	14 BEEF & MUSHROOM STROGANOFF OVER NOODLES BROCCOLI CONGO SQUARE	15 CHICKEN SALAD SANDWICH COLESLAW FRESH FRUIT	16 PULLED PORK STUFFED POTATOES OKRA & TOMATOES CONGO SQUARE
19 JUNETEENTH CENTER CLOSED	20 RED BEANS & RICE CORNBREAD BRUSSEL SPROUTS	21 SALISBURY STEAK W/ MUSHROOM GRAVY MASHED POTATOES BROCCOLI	22 TACO SALAD W/ CILANTRO LIME VINAGRETTE POTATO SALAD WATERMELON	23 CHICKEN FAJITA CHARRO BEANS RICE
26 BAKED COD W/ LEMON CREAM SAUCE CITRUS COUS COUS BRUSSEL SPROUTS	27 STUFFED PEPPER CASSEROLE BROCCOLI CHUNKY APPLESAUCE	28 ASIAN CHICKEN THIGHS ORIENTAL VEGGIES JASMINE RICE	29 TEXAS CAVIAR W/ CHICKEN BROCCOLI SALAD LEMON BARS HAWAIIAN DAY	30 ANCHO PULLED PORK ENCHILADAS BLACK BEANS & RICE PEAS & CARROTS

