



EMC SENIOR CENTER

21679 McCleskey Road, New Caney, TX 77357

281-577-8911



MEALS on WHEELS
MONTGOMERY COUNTY

CONGREGATE DINING MENU **MAY 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 1 DIRTY RICE ROASTED SWEET POTATOES GREEN PEAS	BINGO 2 CHICKEN & SAUSAGE GUMBO OVER RICE CORNBREAD BROCCOLI NORMANDY	Agrilife Class Wednesdays @ 12:00pm 3 TUNA CASSEROLE ROASTED BABY CARROTS GREEN BEANS	BINGO 4 CHICKEN FAJITA W/ QUESO CHARRO BEANS RICE	5 ITALIAN PASTA SALAD COLESLAW FRESH FRUIT Cinco de Mayo
8 CHICKEN FRIED CHICKEN MAC & CHEESE BRUSSEL SPROUTS	9 HOMEMADE CHILI TOMATO FOCACCIA GREEN BEANS	10 CHIMICHURRI CHICKEN OVER RATATOUILLE MASHED POTATOES BROCCOLI	11 TUNA SALAD SANDWICH PASTA SALAD WATERMELON	12 MISSISSIPPI POT ROAST BRAISED CABBAGE BLUEBERRY PIE SQUARE
15 SAUSAGE & PEPPER PENNE ITALIAN VEGGIES BROWNIE	16 BRATWURST OVER CABBAGE ROASTED POTATOES CARROTS	17 BEEF STEW W/ SWEET POTATOES CORNBREAD GREEN PEAS	18 TEXAS CAVIAR W/ CHICKEN CREAMY COLESLAW FRESH FRUIT	19 BEEF & BROCCOLI OVER RICE ORIENTAL VEGGIES FRUIT COMPOTE
22 SHRIMP & GRITS PEAS & CARROTS OATMEAL BARS	23 LENTIL SOUP BACON CHEDDAR FOCACCIA CHOCOLATE PUDDING	24 BBQ PULLED PORK SANDWICH ROASTED POTATOES CREAMY COLESLAW	25 GARDEN SALAD ITALIAN PASTA SALAD KEY LIME BARS RED, WHITE & BLUE	26 HAM & SCALLOPED POTATOES BRUSSEL SPROUTS SPICED APPLESAUCE
29 MEMORIAL DAY CENTER CLOSED 	30 CHICKEN TENDERS W/ GRAVY GREEN BEANS ROASTED SWEET POTATOES	31 CHUCKWAGON CHOPPED BEEF BRUSSEL SPROUTS CHUNKY PEACH & APPLE		