



EMC SENIOR CENTER

21679 McCleskey Road, New Caney, TX 77357

281-577-8911




MEALS ON WHEELS
MONTGOMERY COUNTY

CONGREGATE DINING MENU



JULY 2023



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Encompass Health Blood Pressure Checks Mondays @ 10:30am - 12:00pm</p> <p>3</p> <p>CHILI CHEESE DOGS MAC & CHEESE COLESLAW</p>	<p>BINGO</p> <p>HAPPY <i>Fourth</i> OF <i>July</i></p> <p>4</p>	<p>Agrilife Class Wednesdays @ 12:00pm</p> <p>5</p> <p>BEEF STEW CORNBREAD BROCCOLI NORMANDY</p>	<p>BINGO</p> <p>6</p> <p>EGG SALAD SANDWICH CUCUMBER SALAD FRESH FRUIT</p> <p>RED, WHITE, & BLUE</p>	<p>7</p> <p>COUNTRY FRIED STEAK W/ GRAVY MASHED POTATOES GREEN BEANS</p>
<p>10</p> <p>POTATO SOUP FOCACCIA BRUSSEL SPROUTS</p>	<p>11</p> <p>SPAGHETTI BOLOGNESE ITALIAN VEGETABLES STRAWBERRY CRISP</p>	<p>12</p> <p>BLACKENED CATFISH DIRTY RICE CREAMY COLESLAW</p>	<p>13</p> <p>CHICKEN CAPRESE SALAD CORN SALAD WATERMELON</p>	<p>14</p> <p>HAM & SWISS SCRAMBLE PEAS & CARROTS CHOCOLATE CHIP OATMEAL BARS</p>
<p>17</p> <p>SHRIMP & GRITS BROCCOLI NORMANDY BROWNIE</p>	<p>18</p> <p>MEATLOAF BUTTERED NOODLES CARROTS</p>	<p>19</p> <p>CORNBREAD TURKEY STRATA SAUTEED SWEET APPLES MIXED VEGGIES</p>	<p>20</p> <p>CHICKEN SALAD SANDWICH PASTA SALAD WATERMELON</p>	<p>21</p> <p>CREAMY CHICKEN STEW CORNBREAD BRUSSEL SPROUTS</p>
<p>24</p> <p>DIRTY RICE ROASTED SWEET POTATOES GREEN PEAS</p>	<p>25</p> <p>BISCUIT & SAUSAGE GRAVY ROASTED POTATOES MIXED VEGGIES</p>	<p>26</p> <p>BEEF & BROCCOLI OVER JASMINE RICE ORIENTAL VEGGIES SPICE CAKE</p>	<p>27</p> <p>PIMENTO SANDWICHES PASTA SALAD FRESH FRUIT</p> 	<p>28</p> <p>HAM & SCALLOPED POTATOES GREEN BEANS FRUIT COMPOTE</p>
<p>28</p> <p>CHICKEN & SAUSAGE GUMBO OVER RICE CORNBREAD MUSTARD GREENS</p>				

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

