



EMC SENIOR CENTER

21679 McCleskey Road, New Caney, TX 77357

281-577-8911



MEALS ON WHEELS
MONTGOMERY COUNTY



AUGUST 2023



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

*SERVING MONTGOMERY COUNTY
SENIOR CITIZENS AGES 60+*

LUNCH DAILY @ 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	AgriLife Class Tuesdays @ 9:00am 1 MINISTRONE SOUP FOCACCIA CHUNKY PEACHES & APPLES	Food Bank Cooking Classes Wednesdays @ 9:00am 2 BLACKENED COD W/ TOMATO TOPPING MAC & CHEESE MIXED VEGGIEIS	3 TUNA SALAD SANDWICH CUCUMBER SALAD FRESH FRUIT	4 GREEK STROMBOLI TOMATO BASIL SAUCE ZUCHINNI & SQUASH CLOSING @ 11:30 AM
7 SAUSAGE & PEPPER PENNE ITALIAN VEGGIES BROWNIE	8 BRATWURST OVER CABBAGE ROASTED POTATOES CARROTS	9 BEEF STEW CORNBREAD BRUSSEL SPROUTS	10 ITALIAN PASTA SALAD ASIAN BROCCOLI SALAD WATERMELON	11 SOUTHWESTERN SCRAMBLE POTATOES O'BRIEN STRAWBERRY CRISP
14 CHICKEN, SHRIMP, SAUSAGE JAMBALAYA MUSTARD GREENS ROASTED SWEET POTATOES	15 SPLIT PEA & HAM SOUP PARMESAN FOCACCIA FRUIT COMPOTE	16 BBQ PULLED PORK SANDWICH CREAMED CORN COLESLAW	17 SENIOR RESOURCE FAIR @ LONESTAR (CENTER CLOSED)	18 RAJAS CON CREAMA CHARRO BEANS ROASTED PLANTAINS
21 BEEF & BARLEY SOUP TOMATO & OLIVE FOCACCIA ITALIAN GREEN BEANS	22 CHUCKWAGON CHOPPED BEEF BRUSSEL SPROUTS CHUNKY PEACH & APPLE	23 HONEY SOY PORK MEATBALLS OVER NOODLES ROASTED BROCCOLI BABY CARROTS	24 TEXAS CAVIAR W/ CHICKEN CREAMY COLESLAW WATERMELON	25 MEALS ON WHEELS CLOSED
28 CHICKEN FRIED CHICKEN W/ GRAVY MAC & CHEESE BRUSSEL SPROUTS	29 STUFFED BELL PEPPER CASSEROLE GREEN PEAS BROWNIE	30 HERB ROASTED CHICKEN OVER POLENTA HONEY ROASTED CARROTS GREEN BEANS	31 SESAME CHICKEN SALAD POTATO SALAD WATERMELON SUMMERTIME	1 CHICKEN POTATO PEA MASALA ROASTED GARBANZO BEANS BASMATI RICE

