



EMC SENIOR CENTER

21679 McCleskey Road, New Caney, TX 77357

281-577-8911



MEALS on WHEELS
MONTGOMERY COUNTY




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	BINGO TUESDAY	WEDNESDAY	BINGO THURSDAY	FRIDAY
Encompass Health Blood Pressure Checks Mondays @ 10:30am - 12:00pm	Agrilife Mobility & Fitness Class Tuesdays @ 9:00am			1 CHICKEN, POTATO, PEA MASALA ORIENTAL VEGETABLES BASMATI RICE
4 HAPPY LABOR DAY (CENTER CLOSED)	5 NAVY BEAN & HAM SOUP CORNBREAD BROCCOLI	6 CHICKEN NOODLE CASSEROLE ROASTED BABY CARROTS CONGO SQUARES CRAFTS @12-3PM	7 CHICKEN SALAD SANDWICH COLESLAW WATERMELON EMC LIBRARY REGISTRATION FOR CARDS @9-11AM	8 CREAMY CHICKEN STEW TOMATO FOCACCIA MIXED VEGETABLES
11 RED BEANS & RICE CORNBREAD MUSTARD GREENS	12 MUSHROOM, ONION SWISS BURGER POTATOES O'BRIEN BRUSSEL SPROUTS	13 WHITE LASAGNA STEWED TOMATOES PEACHES & APPLES	14 TACO SALAD W/ CILANTRO RANCH POTATO SALAD KEY LIME BARS	15 HAM & SCALLOPED POTATOES BROCCOLI NORMANDY FRUIT COMPOTE
18 BAKED COD W/ LEMON CREAM SAUCE COUSCOUS BROCCOLI NORMANDY	19 STUFFED CABBAGE CASSEROLE CHUNKY RATATOUILLE BROWNIE	20 TUSCAN CHICKEN THIGHS MUSHROOM RICE PILAF ROASTED BROCCOLI CRAFTS @12-3PM	21 GARDEN SALAD W/ BALSAMIC VINAIGRETTE TORTELLINI SALAD BLUEBERRY CHEESECAKE	22 ANCHO PULLED PORK ENCHILADA STACK BLACK BEANS & RICE PEAS & CARROTS
25 CHICKEN & DUMPLINGS ITALIAN VEGETABLES FRUIT COMPOTE	26 PORK LOIN OVER RICE W/ TOMATILLO SAUCE CHARRO BEANS BROCCOLI NORMANDY	27 BRUSCHETTA CHICKEN CREAMY POLENTA ROASTED BABY CARROTS	28 EGG SALAD SANDWICH CUCUMBER SALAD FRESH FRUIT FALL THEME 	29 MINISTRONE FOCACCIA CHOCOLATE PUDDING

*Welcome
Fall*

