



EMC SENIOR CENTER

21679 McCleskey Road, New Caney, TX 77357

281-577-8911



MEALS ON WHEELS
MONTGOMERY COUNTY



OCTOBER



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

SERVING MONTGOMERY COUNTY
SENIOR CITIZENS AGES 60+

LUNCH DAILY @ 11:30AM

MONDAY	BINGO TUESDAY	WEDNESDAY	BINGO THURSDAY	FRIDAY
Encompass Health Blood Pressure Checks Mondays @ 10:30am - 12:00pm	Agrilife Mobility & Fitness Class Tuesdays @ 9:00am			
2 CHICKEN TENDERS POTATOES O'BRIEN CARROTS	3 SPAGHETTI BOLOGNESE ITALIAN VEGETABLES SMASHED SWEET POTATOES	4 BLACKENED CATFISH DIRTY RICE COLESLAW	5 CHICKEN CAPRESE SALAD POTATO SALAD CHUNKY APPLESAUCE	6 SOUTHWESTERN SCRAMBLE BRUSSEL SPROUTS OATMEAL BARS
9 MEALS ON WHEELS CLOSED FOR COLUMBUS DAY	10 BLACKENED COD W/ TOMATO TOPPING MAC & CHEESE MIXED VEGETABLES	11 BREAKFAST CASSEROLE SAUTEED SWEET POTATOES APPLES BROCCOLI CRAFTS @12-3PM	12 CHICKEN SALAD SANDWICH PASTA SALAD WATERMELON	13 CHICKEN & SAUSAGE GUMBO CORNBREAD GREEN BEANS
16 MUSHROOM ONION SWISS BURGER POTATOES O'BRIEN PEAS & CARROTS	17 BISCUIT & SAUSAGE GRAVY CHUNKY APPLESAUCE MIXED VEGETABLES	18 PULLED PORK SANDWICH CREAMED CORN COLESLAW	19 TUNA SALAD SANDWICH COLESLAW FRESH FRUIT	20 CHICKEN FAJITAS CHARRO BEANS RICE
23 GOULASH ITALIAN VEGETABLES SMASHED SWEET POTATOES	24 CHICKEN BROCCOLI RICE CASSEROLE RATATOUILLE SPICE CAKE	25 MEALS ON WHEELS CLOSED CRAFTS @12-3PM	26 MEALS ON WHEELS CLOSED	27 MEALS ON WHEELS CLOSED
30 BRATWURST OVER CABBAGE POTATOES O'BRIEN CARROTS	31 CHICKEN, SAUSAGE & SHRIMP JAMBALAYA MUSTARD GREENS SWEET POTATOES HALLOWEEN			

BINGO
STARTS @ 12PM
\$2.00 PER PERSON TO PLAY
LUNCH IS \$1.00
YOU MUST LIVE IN MONTGOMERY
COUNTY TO EAT LUNCH

