



EMC SENIOR CENTER

21679 McCleskey Road, New Caney, TX 77357

281-577-8911



MEALS ON WHEELS
MONTGOMERY COUNTY




JANUARY



BINGO

BINGO

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|--|---|---|---|
| Encompass Health Blood Pressure Checks Mondays @ 10:30am - 12:00pm | AgriLife Mobility & Fitness Class Tuesdays @ 9:00am | | | |
| 1 | 2 CHICKEN PARMESAN BUTTERED NOODLES ITALIAN VEGGIES | 3 SPLIT PEA & HAM SOUP BASMATI RICE CONGO SQUARES | 4 BLACKENED COD W/ TOMATO TOPPING MAC & CHEESE BROCCOLI NORMANDY | 5 TOMATILLO ENCHILADA STACK BLACK BEANS RICE |
| 8 CHICKEN FETTUCCINI ALFREDO ITALIAN VEGGIES CONGO SQUARES | 9 CHICKEN NOODLE CASSEROLE RATATOUILLE CHUNKY APPLESAUCE | 10 PULLED PORK SANDWICH CREAMED CORN COLESLAW CRAFTS @12-3PM | 11 EGG SALAD SANDWICH POTATO SALAD KEY LIME BARS | 12 CHICKEN FAJITA CHARRO BEANS RICE |
| 15 CENTER CLOSED | 16 NAVY BEAN & HAM SOUP CORNBREAD BROCCOLI | 17 CHIMICHURRI CHICKEN RATATOUILLE CHEESY PENNE | 18 WHITE LASAGNA STEWED TOMATOES BROWNIE | 19 SOUTHWESTERN SCRAMBLE BROCCOLI NORMANDY FRUIT COMPOTE |
| 22 SHRIMP & GRITS BRUSSEL SPROUTS OATMEAL BARS | 23 BEEF STROGANOFF OVER NOODLES ITALIAN VEGETABLES CONGO SQUARE | 24 BREAKFAST CASSEROLE PEAS & CARROTS FRUIT COMPOTE CRAFTS @12-3PM | 25 GARDEN SALAD POTATO SALAD CHOCOLATE PUDDING BIRTHDAY CAKE  | 26 PULLED BRISKET STUFFED POTATO OKRA & TOMATOES STRAWBERRY CRISP |
| 29 CHICKEN, SAUSAGE, & SHRIMP JAMBALAYA MUSTARD GREENS SPICE CAKE | 30 PORK & CABBAGE STEW FOCACCIA BROCCOLI | 31 TUSCAN CHICKEN THIGH MUSHROOM RICE PILAF ITALIAN VEGGIES | | |

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

