



# 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	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Encompass Health</b> Blood Pressure Checks Mondays @ 10:00am - 12:00pm 1 SHRIMP & GRITS ROASTED CARROTS BROCCOLI	<b>BINGO</b> <b>AgriLife</b> Mobility & Fitness Class Tuesdays @ 9:00am 2 CHICKEN NOODLE CASSEROLE RATATOUILLE CHUNKY APPLESAUCE	3 PULLED PORK SANDWICH CREAMED CORN COLESLAW	<b>BINGO</b> 4 TORTELLINI SALAD BROCCOLI SALAD BLUEBERRY LEMON BAR	5 SPAGHETTI BOLOGNESE BRUSSEL SPROUTS BROWNIE
8 CHICKEN PICCATA PEAS & CARROTS BUTTERED NOODLES	9 GARDEN SALAD MACARONI SALAD PUMPKIN BARS	10 BLACKENED COD CREAMY RISOTTO BROCCOLI NORMANDY CRAFTS @12-3PM	<b>11</b> MONTGOMERY COUNTY FAIR SENIOR DAY CENTER CLOSED	12 CHICKEN & RICE STIR FRY BRUSSEL SPROUTS CHUNKY APPLESAUCE
15 CREAMY CHICKEN STEW CORNBREAD BROCCOLI	16 LASAGNA ITALIAN VEGETABLES PARMESAN GARLIC FOCACCIA	17 BREAKFAST CASSEROLE PEAS & CARROTS FRUIT COMPOTE	18 CHICKEN SALAD SANDWICH PASTA SALAD CHOCOLATE PUDDING	19 PULLED BRISKET STUFFED POTATO OKRA & TOMATOES STRAWBERRY CRISP
22 SPLIT PEA & HAM SOUP TOMATO FOCACCIA FRUIT COMPOTE	23 HAM & SCALLOPED POTATOES BROCCOLI NORMANDY CHUNKY APPLESAUCE	24 HONEY SOY PORK BALLS CREAMY POLENTA ORIENTAL VEGETABLES CRAFTS @12-3PM	25 SESAME CHICKEN SALAD BROCCOLI SALAD FRESH FRUIT BIRTHDAY CAKE 🐣	26 FARFALLE PASTA BAKE ROASTED VEGETABLES RICE KRISPY TREAT
29 POTATO SOUP RATATOUILLE BLUEBERRY CRISP	30 EGG SALAD SANDWICH BALSAMIC CUCUMBER SALAD FRESH FRUIT			