



SUN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT
<p>Exercise Classes: Monday's, Wednesday's and Friday's at 9:00 AM – 10:00 AM</p>				<p>1 Nutrition Bingo 11:00 AM <i>Thelma L. Dailey</i> <i>Baldramina Gonzalez</i></p>	<p>2 Surprise Field Trip 8:30 AM</p>	3
4	<p>5 CENTER CLOSED</p>	<p>6 Shopping At Walmart 9:00 AM</p>	<p>7 Ceramic/Craft Day 10:00 AM Bridge 1-4 PM</p>	<p>8 Nutrition Bingo 11:00 AM Gifts by State Rep. Ana Hernandez At Noon</p>	9	10 <i>Karen L. Ortegon</i>
11	<p>12 <u>Grand Parents Day</u> Pancakes for Breakfast 9AM-10AM</p>	<p>13 Game Night 4:00 to 7 PM</p>	<p>14 Ceramic/Craft Day 10:00 AM Bridge 1PM-4 PM</p>	<p>15 Nutrition Bingo 11:00 AM</p>	<p>16  Fiestas Patrias Celebrations 10:00 AM</p>	17
18	19	<p>20 Bean Bag Baseball 10:00 AM</p>	<p>21 Ceramic/Craft Day 10:00 AM Bridge 1-4 PM</p>	<p>22 Nutrition Bingo 11:00 AM <i>Maria E. Gonzalez</i></p>	<p>23  Houston Astro's Game Bus Leaves HHSC 4:00PM Dinner before game.</p>	24
25	26	<p>27 White Elephant Bingo 10:00 AM</p>	<p>28 Site Council Mtg. 10:30 AM <i>Honor a special senior 12:00 AM</i> Bridge 1PM-4 PM</p>	<p>29 Nutrition Bingo 11:00 AM</p>	<p>30 Birthday Party at Noon  Popcorn & Movie 2PM</p>	

SEPTEMBER 2016 MENU

Please DO NOT forget to reserve your meal(s) two days in advance. If you cannot make it into the Heritage Hall Senior Center to sign up for your meal(s), PLEASE contact us at 713-675-4487. We will be happy to reserve your meal(s).

Thank you kindly, Elizabeth Flores, Director

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 Breaded Fish Macaroni & Cheese Spring Vegetables Wheat Bread Fresh Orange Milk Tartar Sauce	2 Hamburger Patty Shredded Lettuce/Pickles Baked Beans Hamburger Bun Milk Mustard & Catsup
5 CENTER CLOSED	6 Beef w/Mushroom Gravy Whipped Potatoes [^] Diced Beets Wheat Bread Nutty Buddy Bar Milk	7 Chicken & Sausage Jambalaya Black-Eyed Peas Spinach Cornbread Fresh Fruit Milk Margarine	8 Beef Taco Pinto Beans Sliced Carrots Flour Tortilla Sliced Peached Milk Taco Sauce	9 Chicken Salad Pasta Salad Tomato Spoon Relish Saltine Crackers Fresh Fruit Milk
12 Beef Burgundy Cheesy Garlic Polenta [~] Peas & Carrots Wheat Bread Fresh Fruit Milk	13 King Ranch Casserole Mexican Rice Broccoli Dinner Roll Fresh Fruit Milk	14 Meatloaf Brown Gravy Oven Roasted Potatoes Capri Vegetables Wheat Bread Milk Diet-Chocolate Pudding [^]	15 BBQ Port Rib Patty+ Baked Beans Stewed Tomatoes Dinner Roll Rice Crispy Bar Milk	16 Beef Chili w/Beans Whole Kernel Corn Collard Greens Cornbread Fresh Fruit Milk Margarine
19 Creole Pork+ Lima Beans Broccoli & Cauliflower Wheat Bread Fresh Fruit Milk	20 Cheesy Beef Macaroni Dilled Carrots Diced Beets Whole Wheat Breadstick Fresh Fruit Milk	21 Baked Chicken w/Gravy Confetti Beans Wheat Bread Pineapple Tidbits Milk	22 Beef Stew [~] Black-Eyed Peas Cabbage Cornbread Fresh Banana Milk Margarine	23 Smoked Sausage* Potato Salad Ranch Beans Hot Dog Bun Hot Spiced Peaches Milk Mustard
26 Swiss Steak Whipped Potatoes Mixed Vegetables Wheat Bread Fresh Orange Milk	27 Sesame Chicken Fried Rice Squash/Zucchini/Tomato Dinner Roll Rice Crispy Bar Milk	28 Turkey Gumbo* Lentils Medley Cabbage Cornbread Fresh Fruit Milk Margarine	29 Tuna Macaroni Salad Carrot Raisin Salad Cold Pickled Beets Saltine Crackers Oatmeal Cream Cookie Milk	30 Ranchero Beef [~] Hominy Green Beans Wheat Bread Vanilla Pudding [^] Milk

[^] -Contains Sulfites

* -Contains Turkey

+ -Contains Pork

[~] -New Menu Item