

Heritage Hall Senior Center
 1025 Oates Road
 Jacinto City, TX 77029
 713-675-4487



Elizabeth Flores, Director
 Program Assistants:
 Debi Bridgeman
 & Maria Espinoza

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1	2	3 Ceramic/Craft Day 10:00 AM Bridge 1-4 PM <i>Concepcion A. Garza</i>	4 Nutrition Bingo 11:00 AM	5	6
7	8 Shopping At Walmart 9:00 AM	9	10 Ceramic/Craft Day 10:00 AM Bridge 1-4 PM	11 Nutrition Bingo 11:00 AM	12	13
14 <i>Madeline H. Najera</i>	15 <i>Zelda M. Brunson</i> <i>Barbara F. Bodine</i>	16 Bean Bag Baseball 10:00 AM	17 Ceramic/Craft Day 10:00 AM Bridge 1PM-4 PM	18 Nutrition Bingo 11:00 AM Flu Shots by Walgreens 1:00 PM	19	20
21	22 Game Night 4:00 to 7 PM <i>Frank D. Haney</i>	23 White Elephant Bingo 10:00 AM	24 Site Council Mtg. 10:30 AM <i>Honor a special senior 12:00 AM</i> Bridge 1-4 PM	25 Nutrition Bingo 11:00 AM <i>Ramona A. DeLosSantos</i>	26 Birthday Party at Noon 	27 <i>Shirley J. Scott</i> <i>Angelica S. Salazar</i>
28	29	30 Surprise Field Trip 8:30 AM	31 Ceramic/Craft Day 10:00 AM Bridge 1PM-4 PM <i>Ramon Gonzalez Betty Martin</i>	<p>Exercise Classes: Monday's, Wednesday's and Friday's at 9:00 AM – 10:00 AM</p>		

AUGUST 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 Beef Burgundy ~ Cheesy Garlic Polenta Peas and Carrots Wheat Bread Fresh Fruit Milk	2 King Ranch Casserole Mexican rice Broccoli Dinner Roll Fresh Fruit Milk	3 Meatloaf Brown Gravy Oven Roasted Potatoes Capri Vegetables Wheat Bread Diet Chocolate Pudding^ Milk	4 BBQ Pork Rib Patty+ Baked Beans Stewed Tomatoes Dinner Roll Rice Crispy Bar Milk	5 Beef Chili with Beans Whole kernel Corn Collard Greens Cornbread Fresh Fruit Milk Margarine
8 Creole Pork Lima Beans Broccoli & Cauliflower Wheat Bread Fresh Fruit Milk	9 Cheesy Beef Macaroni Dilled Carrots Diced Beets Whole Wheat Breadstick Fresh Fruit Milk	10 Baked Chicken with Gravy Confetti Rice Green Beans Wheat Bread Milk	11 Beef Stew ~ Black-Eyed Peas Cabbage Cornbread Fresh Banana Milk Margarine	12 Smoked Sausage* Potato Salad Ranch Beans Hot Dog Bun Hot Spiced Peached Milk
15 Swiss Steak Whipped Potatoes Mixed Vegetables Wheat Bread Fresh Orange Milk	16 Sesame Chicken Fried Rice Squash/Zucchini/Tomato Dinner Roll Rice Crispy Bar Milk	17 Turkey Gumbo* Lentils Medley Cabbage Cornbread Fresh Fruit Milk Margarine	18 Tuna Macaroni Salad Carrot Raisin Salad Saltine Crackers Oatmeal Cream Cookie Milk	19 Ranchero Beef Patty ~ Hominy Green Beans Wheat Bread Diet Vanilla Pudding^ Milk
22 Pesto Chicken Penne Pasta Brussels Sprouts Dinner Roll Fresh Orange Milk	23 Beef Spaghetti Casserole Squash Medley Garden Vegetables Wheat Bread Fudge Cream Cookie Milk	24 Turkey Breast w/Gravy Scalloped Potatoes Green Beans w/Red Peppers Texas Bread Fresh Banana Milk	25 Sausage w/Red Beans* Country tomatoes Cornbread Butterscotch Pudding Milk Margarine	26 Diced Chicken Mole ~ Spanish Rice Fiesta Vegetables Flour Tortilla Fresh Fruit Milk
29 Peppered Beef Steak Garlic Whipped Potatoes^ Herbed Green Beans Wheat Bread Fresh Fruit Milk	30 Chicken Alfredo ~ Broccoli Sliced Carrots Whole Wheat Breadstick Diet Chocolate Pudding^ Milk	31 Glazed Ham+ Collard Greens Okra & Tomatoes Cornbread Fresh Fruit Milk Margarine		

^ -Contains Sulfites

* -Contains Turkey

+ -Contains Pork

~ -New Menu Item