

This program is funded
in part by:



And the Area Agency
on Aging

City of Jacinto City Heritage Hall Senior Center September Menu



Monday

Tuesday

Wednesday

Thursday

Friday

9/1/2023

**Please reserve your meal two days in advance
by calling us at 713-554-9046 or before you
leave the senior center.**

Polish Sausage+
Ranch Beans
Coleslaw
Hot Dog Bun
Apple Crisp
Milk
Mustard

9/4/2023

9/5/2023

9/6/2023

9/7/2023

9/8/2023

Closed for Holiday

Buffalo Breaded Chicken
Chuckwagon Corn
Broccoli
Texas Bread
Fudge Cream Cookie
Milk

Lemon Pepper Pollock
Lentils
Sliced Carrots
Wheat Bread
Graham Crackers
Milk

Swedish Chicken Meatballs
Penne Pasta
Cauliflower
Wheat Bread
Lemon Gelatin
Milk

Beef Chili with Beans
Rice
Spinach
Cornbread
Fresh Banana
Milk
Margarine

9/11/2023

9/12/2023

9/13/2023

9/14/2023

9/15/2023

Spinach Breaded Chicken
Dirty Rice
Diced Beets
Texas Bread
Nutty Buddy Bar
Milk

Cheesy Beef Macaroni
Broccoli
Parslied Carrots
Texas Bread
Fresh Fruit
Milk

Chicken Taco
Charro Beans
Mexican Style Tomatoes
Flour Tortilla
Lime Gelatin
Milk
Taco Sauce

Beef with Rosemary Gravy
Whipped Potatoes
Green Beans with Onions
Wheat Bread
Strawberry Craisins
Milk

Polish Sausage+
Mixed Beans
Spring Vegetables
Wheat Bread
Fresh Banana
Milk

9/18/2023

9/19/2023

9/20/2023

9/21/2023

9/22/2023

Beef Meatballs with Gravy
Parslied Rice
Summer Vegetables
Texas Bread
Fresh Fruit
Milk

Chicken Nuggets
Macaroni and Cheese
Green Beans
Wheat Bread
Chocolate Graham Crackers
Milk

Hamburger Patty
Shredded Lettuce/Pickles
Baked Beans
Hamburger Bun
Hot Cinnamon Applesauce
Milk
Mustard and Ketchup

Breaded Chicken Piccata
Twice Whipped Potatoes
Glazed Carrots
Wheat Bread
Birthday Cake
Milk

Turkey and White Beans*
Country Tomatoes
Cabbage
Cornbread
Fresh Fruit
Milk
Margarine

9/25/2023

9/26/2023

9/27/2023

9/28/2023

9/29/2023

Breaded Chicken Marsala
Penne Pasta
Stewed Tomatoes
Wheat Bread
Fudge Cream Cookie
Milk

Meatloaf
Brown Gravy
Garlic Whipped Potatoes
Mixed Vegetables
Wheat Bread
Fresh Fruit
Milk

Chili Garlic Grilled Chicken
Jasmine Rice
Ginger Carrots
Texas Bread
Graham Crackers
Milk

Beef Taco
Pinto Beans
Garden Vegetables
Flour Tortilla
Lemon Lime Gelatin
Milk
Taco Sauce

Turkey Breast with Gravy*
Lentils
Diced Beets
Dinner Roll
Sugar Cookie
Milk

* - Turkey

+ - Pork