

April 2024

Ector Co. Eld. Nutrition
1225 N. Adams-Odessa
(432)333-6791

Due to availability of food, menu is subject to change

Northside Center 11:30 - 12:30 Southside Center 11:00 - 12:00

\$3.00 Suggested
Meal Donation

SUMMIT -Meal Provider

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|--|---|--|--|
| 1 | 2 | 3 | 4 | 5 |
| Sliced Ham Steaks Mashed Potatoes Green Beans & Corn Granola Bar Fruit Tea/Milk | Fried Catfish Corn & Carrots Broccoli Florets Cake Jello Tea/Milk | Beef Stew w/Potatoes Carrots Green Beans Brownie Applesauce Tea/Milk | Grilled Chicken Parm Italian Pasta Salad CA Mixed Vegetables Cake Cheeze-Its Tea/Milk | Beef Tenderloin Steak Red Skin Mashed Pot Italian Cut Grn Beans Rice Krispy French Toast cookies Tea/Milk |
| 8 | 9 | 10 | 11 | 12 |
| Honey Dijon Chicken Wild Rice CA Mixed Vegetables Juice Cup Pudding Tea/Milk | Smothered Beef Steak Mashed Potatoes Broccoli Florets Oreo Cookies Fruit Tea/Milk | BBQ Chicken Breast Scalloped Potatoes Green Beans Yogurt Cake Tea/Milk | CK/Sausage Gumbo White Rice Okra & Tomatoes Cheeze Its Fruit Salad Tea/Milk | Italian Beef Goulash Dinner Roll 5-way Mixed Veggies Applesauce Cake |
| 15 | 16 | 17 | 18 | 19 |
| Chopped Steak Au'Jus Red Skin Mashed Pot Brussels Sprouts Oatmeal Pies Yogurt Tea/Milk | Chicken Nuggets Mac & Cheese Green Beans & Corn Gandmas Cookie Jello Tea/Milk | Sliced Beef Brisket Potato Salad Mixed Vegetables Fruit Brownie Tea/Milk | Grilled Chicken Bruger Italian Pasta Salad Lettuce & Tomatoes Applesauce Cake Tea/Milk | Meatloaf Marinara Mashed Potatoes Peas & Carrots Cheese Sticks Fruit Tea/Milk |
| 22 | 23 | 24 | 25 | 26 |
| Chicken Fajitas Spanish Rice Green Chili Corn/Tom Tortillas Cake Tea/Milk | Sausage Links (2) Mashed Potatoes Bacon Cabbage Yogurt Cup Grandma Vanilla Cookie Tea/Milk | Bacon Cheeseburgers Maccaroni Salad Lettuce & Tomatoes Cheeze Its Fruit Cup Tea/Milk | Beef Stew & Potatoes Mac & Cheese 5 Way Mixed Veggies Fruit Pudding Tea/Milk | Chicken Teriyaki Fried Rice Asian Vegetables Muffins Jello Tea/Milk |
| 29 | 30 | | | |
| Beef Pepper Steak White Rice Mixed Vegetables Fruit Brownie Tea/Milk | Fried Catfish Corn & Carrots Broccoli Florets Applesauce Cake | | | Note: Tea, Low Fat Milk, & Bread will be provided with every Meal |

NORTHSIDE SENIOR CENTER

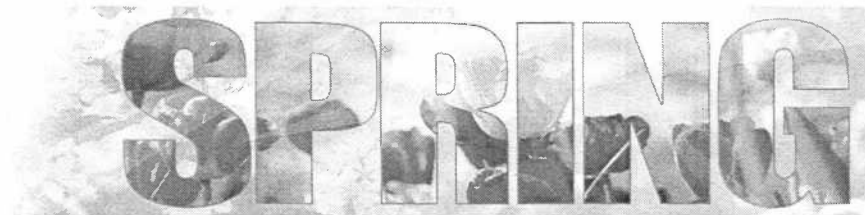
APRIL 2024



| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--|----------------------|--|---|--|------------------------------------|----------|
| 31 | 1 10:00 Exercise | 2 9:00-12:30 Taxes 1:00-3:00 Bingo | 3 10:00 Exercise 12:30 Bridge 1:00 Busy Hands | 4 9:00-12:30 Taxes 9:00 Queenagers 11:30 Card Group 1:30 3:00 Loteria | 5 10:00 Exercise 1:00 Bingo | 6 |
| 7 | 8 10:00 Exercise | 9 9:00-12:30 Taxes 1:00-3:00 Bingo | 10 10:00 Exercise 12:30 Bridge 1:00 Busy Hands | 11 9:00-12:30 Taxes 9:00 Queenagers 11:30 Card Group 1:30-3:00 Loteria | 12 10:00 Exercise 1:00 Bingo | 13 |
| | 14 10:00 Exercise | 15 1:00-3:00 Bingo | 16 10:00 Exercise 12:30 Bridge 1:00 Busy Hands | 17 9:00 Queenagers 11:30 Card Group 1:30-3:00 Loteria | 18 10:00 Exercise 1:00 Bingo | |
| 21 | 22 10:00 Exercise | 23 1:00-3:00 Bingo | 24 10:00 Exercise 12:30 Bridge 1:00 Busy Hands | 25 9:00 Queenagers 11:30 Card Group 1:30-3:00 Loteria | 26 10:00 Exercise 1:00 Bingo | 27 |
| | 28 10:00 Exercise | 29 1:00-3:00 Bingo | 30 10:00 Exercise 12:30 Bridge 1:00 Busy Hands | 1 9:00 Queenagers 11:30 Card Group 1:30-3:00 Loteria | 2 10:00 Exercise 1:00 Bingo | |
| 5 | 6 | Notes | | | | 4 |
| As a friendly reminder April 11, 2024 will be the last day to file your taxes. you still need to file your taxes please call for an appointment. | | | | | | |

SOUTHSIDE SENIOR CENTER

April 2024



| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--------|----------------|---|--------------------------|------------|--|----------|
| 31 | 1 | 2 | 3 | 4 | 5 | 6 |
| | 10:00 Exercise | 9:30-10:30 Spanish Bible | 9:30-10:30 English Bible | 1:00 Bingo | 9:00-10:00 Exercise 10:00-11:00 Loteria | |
| 7 | 8 | 9 | 10 | 11 | 12 | 13 |
| | 10:00 Exercise | 9:30-10:30 Spanish Bible | 9:30-10:30 English Bible | 1:00 Bingo | 9:00-10:00 Exercise 10:00-11:00 Loteria | |
| 14 | 15 | 16 | 17 | 18 | 19 | 20 |
| | 10:00 Exercise | 9:30-10:30 Spanish Bible | 9:30-10:30 English Bible | 1:00 Bingo | 9:00-10:00 Exercise 10:00-11:00 Loteria | |
| 21 | 22 | 23 | 24 | 25 | 26 | 27 |
| | 10:00 Exercise | 9:30-10:30 Spanish Bible | 9:30-10:30 English Bible | 1:00 Bingo | 9:00-10:00 Exercise 10:00-11:00 Loteria | |
| 28 | 29 | 30 | 1 | 2 | 3 | 4 |
| | 10:00 Exercise | 9:30-10:30 Spanish Bible | 9:30-10:30 English Bible | 1:00 Bingo | 9:00-10:00 Exercise 10:00-11:00 Loteria | |
| 5 | 6 | Notes | | | | |
| | | <p>As a friendly reminder April 11, 2024 will be the last day to file your taxes. If you still need to file your taxes please call for an appointment.</p> | | | | |