

January 2019 Menu

Monday

Tuesday

Wednesday

Thursday

Friday

Lunch is served at noon.

* Contains Pork
~ Contains Soy

<p>Lunch is served at noon.</p> <p>* Contains Pork ~ Contains Soy</p>	<p>1 Closed for Holiday</p>	<p>2 Oven Fried Chicken Thigh Broccoli Rice Casserole Italian Green Beans Wheat Bread Fruited Cherry Gelatin Milk</p>	<p>3 Grilled Pork Patty*~ Brown Gravy Hashbrown Potatoes Stewed Tomatoes Biscuit Fig Bar Milk</p>	<p>4 Hamburger Patty~ Lettuce/Tomato/Onion/Pickles Ranch Beans Hamburger Bun Apple Crisp Milk Mustard and Ketchup</p>
<p>7 Salisbury Beef~ Brown Gravy Parslied Rice Rosemary Carrots Wheat Bread Fresh Apple Milk</p>	<p>8 Chicken Quesadilla Casserole Pinto Beans Stewed Tomatoes Wheat Bread Ranger Cookie Milk <i>Shopping: Kroger</i></p>	<p>9 Swiss Steak~ Oven Roasted Potatoes Catalina Vegetables Dinner Roll Frosted Birthday Cake Chocolate Ice Cream </p>	<p>10 Three Cheese Ziti Tossed Salad Sliced Carrots Wheat Bread Brownie Milk Ranch Salad Dressing</p>	<p>11 BBQ Shredded Pork* Whole Kernel Corn Brussels Sprouts Hamburger Bun Fruited Lemon Gelatin Milk</p>
<p>14 Chicken Alfredo Herbed Green Peas Country Tomatoes Wheat Bread Nuffy Buddy Bar Milk</p>	<p>15 Beef Taco Spanish Rice Refried Beans Flour Tortilla Fruited Orange Gelatin Milk Taco Sauce <i>Shopping: Wal-Mart</i></p>	<p>16 Baked Chicken Thigh Chicken Gravy Scalloped Potatoes French Green Beans Wheat Bread Fresh Orange Milk</p>	<p>17 Turkey Breast with Gravy Black-Eyed Peas Mixed Greens Corn Muffin Creamsicle Pudding Milk Margarine</p>	<p>18 MLK Holiday Meal Salisbury Beef~ Brown Gravy Macaroni and Cheese Summer Vegetables Dinner Roll Carnival Cookie Milk</p>
<p>21 Closed for Holiday</p>	<p>22 Breaded Chicken Patty~ Lettuce and Tomato Whole Kernel Corn Hamburger Bun Oatmeal Cookie Milk Ketchup <i>Shopping: Rio Grande</i></p>	<p>23 Meatloaf~ Tomato Gravy Garlic Whipped Potatoes California Vegetables Wheat Bread Fruited Lime Gelatin Milk</p>	<p>24 Diced Caesar Chicken Pasta Florentine Parslied Carrots Kaiser Roll Caramel Vanilla Pudding Milk</p>	<p>25 Glazed Ham* Lima Beans Okra and Tomatoes Corn Muffin Fudge Cream Cookie Milk Margarine</p>
<p>28 Turkey Spaghetti Seasoned Cauliflower Country Tomatoes Breadstick Gingerbread Cookie Milk</p>	<p>29 Pork Carnitas* Charro Beans Fiesta Vegetables Corn Tortilla Pineapple Pudding Milk Taco Sauce <i>Shopping: Albertson's</i></p>	<p>30 BBQ Chicken Thigh Macaroni and Cheese Brussels Sprouts Texas Bread Fresh Orange Milk</p>	<p>31 Turkey Gumbo Cajun Rice Spinach Saltine Crackers Fruited Strawberry Gelatin Milk</p>	<p>If you have any questions regarding the Nutrition Program or Transportation, please contact: Recreation Supervisor Eduvina Cruz at 972-237-4148 or ecruz@gptx.org.</p>

Meal Program

Applicants must be 60 years or older and live in Dallas County. Applications are available at the front desk. 2 day advanced reservations required.

Transportation

Applications are available at the front desk. Call the Grand Connection at 972-237-8546 to schedule. Available for those in Nutrition Program 60+.

Wellness at The Summit

Tuesday | January 1 | Summit it CLOSED

Wednesday | January 9 | 10:30am | Wings
Commission on Aging

Wednesday | January 9 | 11:45 am | Dining
Birthday Celebration -Wear your Summit T-shirt

Friday | January 11 | 8:00pm | Free to Register
Uptown Theater in Grad PRarie Kick-Off • Register at the Front Desk •Pick up your tickets at will-call.

Thursday | January 17 | 10:30am | Conf Room
Advisory Council Meeting

Thursday | January 17 | 12-4pm | Discovery 2
AARP Defensive Driving Class • Register for free at the Front Desk.

Friday | January 18 | 10:30am | Ballroom 2
Craft Class • \$3

Monday | January 21 | Summit it CLOSED

Wednesday | January 23 | 8:00am | \$25
Kiowa Casino Trip • \$10 cash play • Free meal

Thursday | January 24 | 10:30am |Wings
New York City Travel Presentation

Thursday | January 24 | 6-8pm | Ballrooms
Winter Social • \$6 • Music by Andy Goin

Friday | January 25 | 11:00am | Ballroom 3
Nutrition Class

Join us for **Classic Movies** every Friday and Saturday in January at the Summit.

January 4-5 - 40's Classic Movie:
Citizen Kane

January 11-12 - 50's Classic Movie:
A Streetcar Named Desire

January 18-19 - 60's Classic Movie:
The Graduate

January 25-26 - 70's Classic Movie:
Rocky

Reminder: Members must check-in to receive a ticket for the movie. Tickets are handed out 1 hour prior to start time. Guests over 50 may purchase a ticket for \$5.

Innovative Memory Care at Joe Pool Lake

MAKING
every
DAY
great



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Oxford Glen
caregivers are
special & will
always shine in
my heart. God is
smiling down
on you!
”

- 24-hour nursing
- Life engagement 7 days a week
- Exceptional staff-to-resident ratio
- Home-like environment
- Medication management

**OXFORD
GLEN**
Memory Care Residence

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OxfordAtGrandPrairie.com | 2424 N Grand Peninsula Dr, Grand Prairie

(214) 491-5155

Call **211** or visit **211.org**. A FREE and confidential service that helps you find local services for older adults. Get help with housing, utilities, crisis, assistance, health information, food, jobs, support, and veteran services.



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