

February 2019 Menu

Monday

Tuesday

Wednesday

Thursday

Friday

Lunch is served at noon.

* Contains Pork
~ Contains Soy

Hamburger Patty~1
Sliced Cheese
Lettuce/Tomato/
Onion
Tater Tot Casserole
Hamburger Bun
Apple Raisin
Compote
Mayo | Mustard

Onion Pork Patty*~4
Delmonico
Potatoes
Beef Braised Carrots
Dinner Roll
Oatmeal Cream
Cookie

Chinese New Year
Orange Chicken 5
Meatballs~
Jasmine Rice
Broccoli
Dinner Roll
Fresh Orange
Fortune Cookie
Shopping: Kroger

Pizza Casserole* 6
Squash Medley
Italian Green Beans
Wheat Bread
Fruited Orange
Gelatin

Baked Turkey 7
Pastrami
Oven Roasted
Potatoes
Broccoli
Dinner Roll
Butterscotch Swirl
Pudding

Black History Month 8
Baked Chicken
Thigh with Gravy
Black-Eyed Peas
Mixed Greens
Corn Muffin
Cinnamon Sugar
Cookie
Margarin

Bruschetta 11
Chicken Meatballs~
Cheesy Shells
Italian Vegetables
Texas Bread
Oreo Cookies

Beef Chili 12
with Beans
Chuckwagon Corn
Beef Braised Carrots
Texas Bread
Fresh Orange
Shopping: Wal-Mart

Oven Fried 13
Chicken Thigh
Broccoli Rice
Casserole
Italian Green Beans
Wheat Bread
Birthday Cake
Strawberry Ice
Cream



Valentine's Day 14
Honey
Grilled Pork*~
Rosemary Potatoes
Broccoli with Red
Peppers
Dinner Roll
Brownie

Hamburger 15
Patty~
Lettuce/Tomato/
Onion/Pickles
Ranch Beans
Hamburger Bun
Apple Crisp
Mustard and
Ketchup

18

Closed for Holiday

Chicken 19
Quesadilla
Casserole
Pinto Beans
Stewed Tomatoes
Wheat Bread
Ranger Cookie
Shopping: El Rancho

Swiss Steak~ 20
Oven Roasted
Potatoes
Catalina Vegetables
Dinner Roll
Cinnamon Swirl
Pudding

Three Cheese 21
Ziti
Tossed Salad
Sliced Carrots
Wheat Bread
Brownie
Ranch Salad
Dressing

BBQ Shredded 22
Pork*
Whole Kernel Corn
Brussels Sprouts
Hamburger Bun
Fruited Lemon
Gelatin

Chicken 25
Alfredo
Herbed Green Peas
Country Tomatoes
Wheat Bread
Nutty Buddy Bar

Beef Taco 26
Spanish Rice
Refried Beans
Flour Tortilla
Fruited Orange
Gelatin
Taco Sauce
Shopping: Albertsons

Baked 27
Chicken Thigh
Chicken Gravy
Scalloped Potatoes
French Green Beans
Wheat Bread
Fresh Orange

Turkey Breast 28
with Gravy
Black-Eyed Peas
Mixed Greens
Corn Muffin
Creamsicle Pudding
Margarine

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.

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

Wednesday | February 6 | 10:00am | \$3

Treat yourself this Valentine's Day to a day of relaxing and pampering at the Oasis Nail Salon.

Thursday | February 7 | 10:30am |

We **LOVE** our Summit volunteers. Please enjoy a brunch with us. *Interested in becoming a volunteer with perks at the Summit?* Ask Eduvina Cruz for details on how YOU can help us!

Wednesday | February 13 | 10:30am | Wings

Commission on Aging: *Self Defense with Will Sanchez*

Wednesday | February 13 | 11:45 am | Dining

Birthday Celebration - *Wear your Summit T-shirt*

Thursday | February 14 | 10:30am | Ballroom 2

Valentine's Party • Bingo sponsored by Metroplex Nursing and Rehab • Register for free at the front desk.

Thursday | February 14 | 7-9:30pm | \$10

Valentine's Dance • Music by Bill G. Band • Dinner included.

Friday | February 15 | 10:30am | Wings

Presentation: Know the signs of Alzheimer Disease

Monday | February 18 | Summit it CLOSED

Monday | February 25 | 11am | Dining Room

Nutrition Class: Heart Healthy w/ Gwen Massey, RN

Thursday | February 28 | 10:30am | Conf Room

Advisory Council Meeting

Innovative Memory Care at Joe Pool Lake

MAKING
every
DAY
great



“
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



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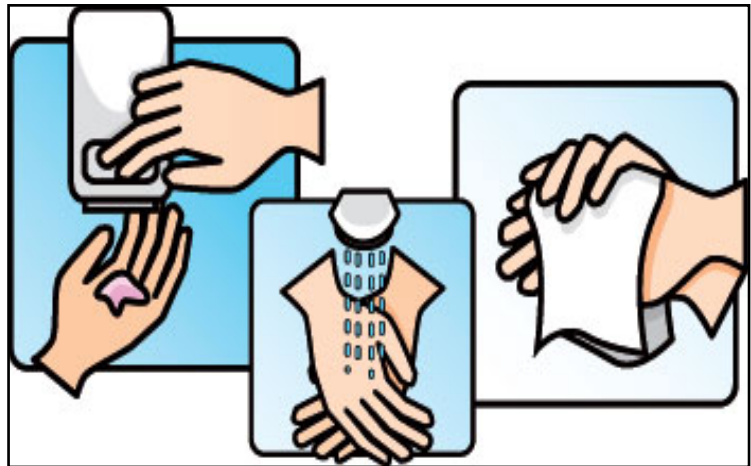
OxfordAtGrandPrairie.com | 2424 N Grand Peninsula Dr, Grand Prairie

(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.

Stay Clean, Stay Healthy - Check out these facts about hand washing.

- 80% of communicable diseases are transferred by touch.
 - The ideal washing time is 30 seconds.
- Most bacteria lives on the fingertip and under the nails.
- Damp hands are 1000x more likely to spread bacteria than dry hands.



♥ *Happy Valentines Day* ♥



www.facebook.com/thesummitgptx

The City of Grand Prairie, Dallas Area Agency and HHS, does not discriminate on the basis of race, creed, color, sex, age, ancestry, national origin, religion, or handicap in services or employment. Call 1.800.Relay.Texas for assistance for hearing or sight impaired individuals.