

March 2019 Menu

Monday

Tuesday

Wednesday

Thursday

Friday

Lunch is served at noon.

* Contains Pork
~ Contains Soy

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. **Grand Prairie Residents ONLY.** Call Grand Connection at 972-237-8546 to schedule. Available for Nutrition Program 60+.

Hamburger Patty~1
Lettuce/Tomato/Onion
Potato Wedges
Hamburger Bun
Oreo Cookies
Milk
Mustard and Ketchup

Beef Burgundy~ Rice Pilaf Squash Medley Wheat Bread Fresh Apple Milk **4**

Breaded Chicken Patty~ Lettuce and Tomato Whole Kernel Corn Hamburger Bun Oatmeal Cookie Milk Ketchup **5**
Shopping: Kroger

Meatloaf~ Tomato Gravy Garlic Whipped Potatoes California Vegetables Wheat Bread Fruited Lime Gelatin Milk **6**

Diced Caesar Chicken Pasta Florentine Parslied Carrots Kaiser Roll Caramel Vanilla Pudding Milk **7**

Glazed Ham* Lima Beans Okra and Tomatoes Corn Muffin Fudge Cream Cookie Milk Margarine **8**

Turkey Spaghetti Seasoned Cauliflower Country Tomatoes Breadstick Gingerbread Cookie Milk **11**

Pork Carnitas* Charro Beans Fiesta Vegetables Corn Tortilla Pineapple Pudding Milk Taco Sauce **12**
Shopping: Wal-Mart

BBQ Chicken Thigh Macaroni and Cheese Brussels Sprouts Texas Bread Frosted Birthday Cake Vanilla Ice Cream Milk **13**

Turkey Gumbo Cajun Rice Spinach Saltine Crackers Fruited Strawberry Gelatin Milk **14**

St. Patrick's Day Baked Turkey Pastrami Rice Medley Cabbage Dinner Roll Lime Swirl Pudding Milk **15**

Onion Pork Patty*~ Delmonico Potatoes Beef Braised Carrots Dinner Roll Oatmeal Cream Cookie Milk **18**

Teriyaki Pineapple Chicken Fried Rice Japanese Vegetables Breadstick Fresh Apple Milk **19**
Shopping: El Rancho

Pizza Casserole* Squash Medley Italian Green Beans Wheat Bread Fruited Orange Gelatin Milk **20**

Baked Turkey Pastrami Oven Roasted Potatoes Broccoli Dinner Roll Butterscotch Swirl Pudding Milk **21**

Smoked Sausage* Baked Beans Spring Vegetables Hot Dog Bun Ranger Cookie Milk Mustard **22**

Bruschetta Chicken Meatballs~ Cheesy Shells Italian Vegetables Texas Bread Oreo Cookies Milk **25**

Beef Chili with Beans Chuckwagon Corn Beef Braised Carrots Texas Bread Fresh Orange Milk **26**
Shopping: Albertsons

Oven Fried Chicken Thigh Broccoli Rice Casserole Italian Green Beans Wheat Bread Fruited Cherry Gelatin Milk **27**

Grilled Pork Patty*~ Brown Gravy Hashbrown Potatoes Stewed Tomatoes Biscuit Fig Bar Milk **28**

Hamburger Patty~ Lettuce/Tomato/Onion/Pickles Ranch Beans Hamburger Bun Apple Crisp Milk Mustard | Ketchup **29**



Wellness at The Summit

Tuesday | March 5 | 11:30am | Dining Room
Celebrate Fat Tuesday. Music by Andy Goin

1st & 3rd Thursday | March 7 & 21 | 10:50am | B1
Interactive Discussion Group with Bob McIntosh

Sunday | March 10 | Spring Forward -Daylight Savings

Monday | March 11 | 11am | Dining Room
Nutrition Class: Rikki Bett Sound Mind, Happy Belly.

Wednesday | March 13 | 10:30am | Wings
Commission on Aging: *Officer Joe Wood presents about Senior Safety*

Wednesday | March 13 | 11:45 am | Dining
BirthDay Celebration -Wear your Summit T-shirt

Friday | March 15 | 10:30am | Ballroom 2
St. Patrick's Party • Bingo and snacks sponsored by Metroplex Rehab & Heritage Turner Park • Register for free at the front desk.

Friday | March 15 | 2:00pm | Wings
Grandkid Movie • Ralph Wrecks the Internet • \$1 Kids

Monday & Tuesday | March 18-19 | 12-12:15pm
Pamper Day at Dubiski - Register at the Front Desk.
\$10 haircuts • \$15 manicures • Pay at school

Thursday | March 21 | 10:00am
Carter Eye Care • Mobile Van

Thursday | March 21 | 10:30am | Conf Room
Advisory Council Meeting

Wednesday | March 27 | 10am | Wings
Presentation: Downsizing with Ingrid Sullivan
Register at the Front Desk

SPRING into Fitness

Friday, March 15 | Hula Dance Demo

Wednesday, March 20 | First Day of Spring

- 12:00pm Spring Yoga on the Patio
- 1:00 pm Walk with Chris

Wednesday, March 27 | Hiking | \$5 | River Legacy



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

**OXFORD
GLEN**
Memory Care Residence

#1106040

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.



 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.