

Glenn Heights Senior Center




DCHHS
Safe families, healthy lives
Dallas County Health and Human Services

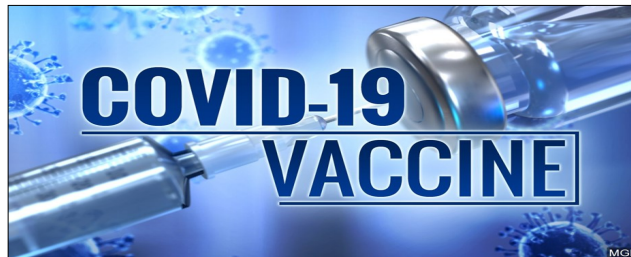


Keeping Older Adults Active!

Older Adult Services Program

March 2021

Dallas County Health & Human Services Older Adult Services Program and the City of Glenn Heights have partnered to provide more services to improve the health and wellbeing of seniors in the community. Dallas County Health & Human Services Older Adult Services Program provides nutritious hot meals  Monday through Friday.



COVID-19 Hotline

To register for vaccine call
469-749-9900
or register online at
www.dallascounty.org

If you have already registered, are 75 and older and need to make an appointment please call **972-692-2780**

Due to Coronavirus (Covid-19), the center is temporarily closed.

Meal delivery is available. For more information please contact the center staff to register and reserve your meal.



What is Tele-Bingo?

Center participants dial in to play Bingo by phone! Winners receive prizes. Contact your center staff if you are interested in playing Tele-Bingo!

Location & Hours of Operation

Glenn Heights Senior Center
1938 S. Hampton Rd., Glenn Heights, TX 75154
Monday — Friday 9:00 a.m. — 2:00 p.m.

Contact Information

469-225-5013
or
972-223-1690 ext. 500

Lunch Served Daily

Monday	Tuesday	Wednesday	Thursday	Friday
1	2	3	4	5
Lemon Caper Chicken Parmesan Penne Pasta Lemon Zest Broccoli Wheat Bread Fresh Apple  Milk	Beef w/ Rosemary Gravy Black-Eyed Peas Dilled Carrots Wheat Bread Oatmeal Cream Cookie  Milk	Lemon Pepper Fish Whipped Potatoes Italian Green Beans Dinner Roll Strawberry Cereal Bar Milk	Pork Carnitas* Yellow Rice Cheesy Mexican Tomatoes Flour Tortilla Lime Gelatin w/ Pineapple Taco Souce Milk	Hamburger Patty Lettuce & Tomato Ranch Beans Hamburger Bun Oranges & Pineapple Mustard & Ketchup Milk
8	9	10	11	12
Meatloaf Tomato Gravy Delmonico Potatoes Spring Vegetables Dinner Roll Cherry Gelatin w/ Peaches Milk	Chicken Alfredo Brussels Sprouts Parslied Carrots Texas Bread Gingerbread Cookie Milk	<u>Happy Birthday</u> Shredded BBQ Pork*  Whipped Potatoes Spinach Hamburger Bun Zee Zee Birthday Bar Milk	Country Fried Steak Country Gravy Parslied Rice Mixed Vegetables Wheat Bread Cinnamon Crisp Bar Milk	Cheesy Beef Macaroni Green Beans Stewed Tomatoes Multi Grain Bread Lemon Berry Pudding Milk 
15	16	17	18	19
Swedish Chicken Meatballs Parsley Penne Pasta Braised Carrots Texas Bread Oatmeal Raisin Cookie Milk	Turkey Cannelloni Casserole Broccoli Cauliflower Wheat Bread Chocolate Pudding Milk	<u>St. Patrick's Day</u> Smoked Sausage*  Parslied Potatoes Medley Cabbage Hot Dog Bun Lime Whip Milk	Coconut Chicken Jasmine Rice Japanese Vegetables Multi Grain Bread Lemon Gelatin w/Fruit Milk	Hamburger Patty Lettuce & Tomato Baked Beans Hamburger Bun Hot Cinnamon Applesauce Mustard & Ketchup Milk
22	23	24	25	26
Turkey Pastrami Swiss Cheese Three Bean Salad Cold Pickled Beets Rye Bread (2) Fudge Cream Cookie  Mustard Milk	BBQ Pork Rib Patty* Whipped Potatoes Lemon Brussels Sprouts Wheat Bread Creamsicle Pudding  Milk	Baked Chicken w/ Gravy Macaroni & Cheese Catalina Vegetables Dinner Roll Orange Gelatin w/ Fruit  Milk	Beef Chili w/ Beans Parslied Rice Spinach Corn Muffin Fresh Orange Milk Margarine	Beef Spanish Rice Whole Kernel Corn Green Beans Wheat Bread Nutty Buddy Bar  Milk 
29	30	31		
Breaded Chicken Patty Mashed Spiced Yams California Vegetables Dinner Roll Cherry Gelatin w/ Peaches Milk	Salisbury Beef Brown Gravy Twice Whipped Potatoes Herbed Green Beans Wheat Bread Chocolate Chip Cookie Milk	Turkey Taco Pinto Beans Cilantro Lime Corn Flour Tortilla Piña Colada Pudding Milk Taco Sauce		

* - Contains Pork  - Contains Peanuts ~ - Entrée Contains Soy