

Hurricane Senior Center

November 2017

Monday	Tuesday	Wednesday	Thursday
<p>A suggested donation of \$3.00 is requested from seniors 60 and older.</p> <p>Milk and bread served with all meals. Salad bar available every day in dining room.</p> <p>Persons under 60 can enjoy a meal for \$7.00.</p>		<p>Crispy Baked Chicken 1 Macaroni and Cheese Parmesan Tomatoes Mixed Green Salad Texas Bread Applesauce</p>	<p>Beef Enchilada Pie 2 Fiesta Rice Fiesta Vegetable Blend Tomato Spoon Relish Seasonal Fruit Chocolate Chip Cookie Diet - Vanilla Wafers</p>
<p>Chicken & Wild Rice Bake 6 Sugar Snap Peas Cucumber Salad Texas Bread Hot Spiced Fruit</p>	<p>Potato Crusted Pollock on Bun 7 Tater Gems Whole Kernel Corn Coleslaw Pineapple Tidbits</p>	<p>Teriyaki Meatballs 8 Fried Rice Sliced Carrots Asian Coleslaw Apple Blueberry Crisp Diet - Hot Sliced Apples</p>	<p>Pork Loin w/ Brown Gravy 9 Baked Potato w/Sour Cream Broccoli Mixed Green Salad Seasonal Fruit</p>
<p>Beef Spaghetti Sauce 13 Parslied Spaghetti Noodles Seasoned Zucchini Mixed Green Salad Apple Raisin Compote</p>	<p>Roasted Turkey Breast 14 Poultry Gravy Whipped Potatoes Capri Vegetable Blend Beet Salad Seasonal Fruit Blondie Diet - Vanilla Wafers</p>	<p>Stuffed Bell Peppers 15 Whole Kernel Corn Green Beans Macaroni Salad Mandarin Oranges</p>	<p>Creamy Paprika Chicken Breast 16 Oven Roasted Potatoes Club Spinach Corn Salad Pears</p>
<p>Beef Stew 20 Cabbage Mixed Green Salad Seasonal Fruit Rocky Road Pudding Diet - Chocolate Pudding</p>	<p><u>Thanksgiving Meal</u> 21 Sliced Turkey Breast w/Poultry Gravy Dressing Green Beans Mixed Green Salad Ambrosia Salad Diet - Fruit Cocktail</p>	<p style="text-align: center;">Closed for Holiday 22</p>	<p style="text-align: center;">Closed for Holiday 23</p>
<p>Country Fried Steak 27 Country Gravy Garlic Whipped Potatoes Green Beans Corn Salad Peaches & Pineapple</p>	<p>Baked Tilapia w/Lemon Dill Sauce 28 Rice Florentine Garden Vegetable Blend Carrot Pineapple Salad Seasonal Fruit Strawberry Whip Diet - Fruited Gelatin</p>	<p>Orange Glazed Pork Roast 29 Cornbread Dressing Mixed Vegetables Coleslaw Seasonal Fruit</p>	<p>Crispy Baked Chicken Sandwich 30 Lettuce/Tomato/Onion Tater Tots Chuckwagon Corn Citrus Fruit Cup</p>

Hurricane Senior Center
435-635-2089

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Lunch is Served 11:30 a.m. to 12:30 p.m.
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Thrift Store is Open Monday - Thursday
11:30 a.m. to 2:30 p.m.

Happy Birthday!

Is your Birthday in November?
Clip this coupon and bring to
Hurricane Senior Center and
receive 1 free lunch.

Welcome!

Is this your first time here?
Please use this as a
"lunch is on us" ticket.