Hurricane Active Life Center | April 2023

435-635-2089

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
3	4	5	6
Baked Chicken w/Gravy	Meatballs w/Spaghetti Sauce	Turkey Melt Sandwich	Easter Meal
California Vegetable Blend	Mixed Vegetables	Hearty Tomato Soup	Glazed Ham
Carrot Raisin Salad	Mixed Green Salad	Potato Wedges	Broccoli
Stuffing	Penne Pasta	Wheat Bread	Carrots
Wheat Bread	Garlic Texas Bread	Seasonal Fruit	Whipped Potatoes
Seasonal Fruit	Fresh Grapes	Milk	Dinner Roll
Milk	Milk	Mayonnaise	Seasonal Fruit
Chocolate Chip Cookie	Margarine	Mustard	Milk
Diet - Sugar-Free Cookie	Ranch Salad Dressing	Ketchup	Margarine
10 11 12 13			
Swedish Meatballs	Panko Crusted Pollock	Cheeseburger	Chicken w/Alfredo Sauce
Parslied Carrots	w/Creamy Dill Sauce	Lettuce/Tomato/Onion/Pickles	Garden Vegetable Blend
Green Beans with Onion	Mixed Vegetables	Potato Wedges	Spinach Salad
Penne Pasta	Broccoli	Hamburger Bun	Rotini Pasta
Garlic Texas Bread	Brown Rice	Peach Crisp	Wheat Bread
Seasonal Fruit	Dinner Roll	Diet - Canned Peaches	Seasonal Fruit
Milk	Seasonal Fruit	Milk	Milk
	Milk	Ketchup	Ranch Salad Dressing
	Margarine	Mustard	
17	18	19	20
Beef Taco	Open Face Turkey Sandwich w/Gravy	Salisbury Steak w/Brown Gravy	Minestrone Soup w/Sausage
Beef Taco Pinto Beans	Open Face Turkey Sandwich w/Gravy California Vegetable Blend	Salisbury Steak w/Brown Gravy Mixed Vegetables	Minestrone Soup w/Sausage Mixed Vegetables in Soup
Beef Taco Pinto Beans Shredded Lettuce & Tomato	Open Face Turkey Sandwich w/Gravy California Vegetable Blend Spinach Salad	Salisbury Steak w/Brown Gravy Mixed Vegetables Beet Salad	Minestrone Soup w/Sausage Mixed Vegetables in Soup Mixed Green Salad
Beef Taco Pinto Beans Shredded Lettuce & Tomato Flour Tortilla	Open Face Turkey Sandwich w/Gravy California Vegetable Blend Spinach Salad Mashed Potatoes	Salisbury Steak w/Brown Gravy Mixed Vegetables Beet Salad Egg Noodles	Minestrone Soup w/Sausage Mixed Vegetables in Soup Mixed Green Salad Baked Potato Half
Beef Taco Pinto Beans Shredded Lettuce & Tomato Flour Tortilla Spanish Rice	Open Face Turkey Sandwich w/Gravy California Vegetable Blend Spinach Salad Mashed Potatoes Wheat Bread	Salisbury Steak w/Brown Gravy Mixed Vegetables Beet Salad Egg Noodles Dinner Roll	Minestrone Soup w/Sausage Mixed Vegetables in Soup Mixed Green Salad Baked Potato Half Dinner Roll
Beef Taco Pinto Beans Shredded Lettuce & Tomato Flour Tortilla Spanish Rice Seasonal Fruit	Open Face Turkey Sandwich w/Gravy California Vegetable Blend Spinach Salad Mashed Potatoes Wheat Bread Fresh Grapes	Salisbury Steak w/Brown Gravy Mixed Vegetables Beet Salad Egg Noodles Dinner Roll Seasonal Fruit	Minestrone Soup w/Sausage Mixed Vegetables in Soup Mixed Green Salad Baked Potato Half Dinner Roll Seasonal Fruit
Beef Taco Pinto Beans Shredded Lettuce & Tomato Flour Tortilla Spanish Rice Seasonal Fruit Milk	Open Face Turkey Sandwich w/Gravy California Vegetable Blend Spinach Salad Mashed Potatoes Wheat Bread Fresh Grapes Cherry Cake	Salisbury Steak w/Brown Gravy Mixed Vegetables Beet Salad Egg Noodles Dinner Roll Seasonal Fruit Milk	Minestrone Soup w/Sausage Mixed Vegetables in Soup Mixed Green Salad Baked Potato Half Dinner Roll Seasonal Fruit Milk
Beef Taco Pinto Beans Shredded Lettuce & Tomato Flour Tortilla Spanish Rice Seasonal Fruit Milk Shredded Cheese	Open Face Turkey Sandwich w/Gravy California Vegetable Blend Spinach Salad Mashed Potatoes Wheat Bread Fresh Grapes Cherry Cake Diet - Sugar-Free Cookie	Salisbury Steak w/Brown Gravy Mixed Vegetables Beet Salad Egg Noodles Dinner Roll Seasonal Fruit	Minestrone Soup w/Sausage Mixed Vegetables in Soup Mixed Green Salad Baked Potato Half Dinner Roll Seasonal Fruit Milk Margarine & Sour Cream
Beef Taco Pinto Beans Shredded Lettuce & Tomato Flour Tortilla Spanish Rice Seasonal Fruit Milk	Open Face Turkey Sandwich w/Gravy California Vegetable Blend Spinach Salad Mashed Potatoes Wheat Bread Fresh Grapes Cherry Cake Diet - Sugar-Free Cookie Milk	Salisbury Steak w/Brown Gravy Mixed Vegetables Beet Salad Egg Noodles Dinner Roll Seasonal Fruit Milk	Minestrone Soup w/Sausage Mixed Vegetables in Soup Mixed Green Salad Baked Potato Half Dinner Roll Seasonal Fruit Milk
Beef Taco Pinto Beans Shredded Lettuce & Tomato Flour Tortilla Spanish Rice Seasonal Fruit Milk Shredded Cheese Taco Sauce	Open Face Turkey Sandwich w/Gravy California Vegetable Blend Spinach Salad Mashed Potatoes Wheat Bread Fresh Grapes Cherry Cake Diet - Sugar-Free Cookie Milk Ranch Salad Dressing	Salisbury Steak w/Brown Gravy Mixed Vegetables Beet Salad Egg Noodles Dinner Roll Seasonal Fruit Milk Margarine	Minestrone Soup w/Sausage Mixed Vegetables in Soup Mixed Green Salad Baked Potato Half Dinner Roll Seasonal Fruit Milk Margarine & Sour Cream Ranch Salad Dressing
Beef Taco Pinto Beans Shredded Lettuce & Tomato Flour Tortilla Spanish Rice Seasonal Fruit Milk Shredded Cheese Taco Sauce 24	Open Face Turkey Sandwich w/Gravy California Vegetable Blend Spinach Salad Mashed Potatoes Wheat Bread Fresh Grapes Cherry Cake Diet - Sugar-Free Cookie Milk Ranch Salad Dressing 25	Salisbury Steak w/Brown Gravy Mixed Vegetables Beet Salad Egg Noodles Dinner Roll Seasonal Fruit Milk Margarine 26	Minestrone Soup w/Sausage Mixed Vegetables in Soup Mixed Green Salad Baked Potato Half Dinner Roll Seasonal Fruit Milk Margarine & Sour Cream Ranch Salad Dressing 27
Beef Taco Pinto Beans Shredded Lettuce & Tomato Flour Tortilla Spanish Rice Seasonal Fruit Milk Shredded Cheese Taco Sauce 24 Hawaiian Chicken Haystack	Open Face Turkey Sandwich w/Gravy California Vegetable Blend Spinach Salad Mashed Potatoes Wheat Bread Fresh Grapes Cherry Cake Diet - Sugar-Free Cookie Milk Ranch Salad Dressing 25 Homemade Meatloaf w/Brown Gravy	Salisbury Steak w/Brown Gravy Mixed Vegetables Beet Salad Egg Noodles Dinner Roll Seasonal Fruit Milk Margarine 26 Chicken Fajita	Minestrone Soup w/Sausage Mixed Vegetables in Soup Mixed Green Salad Baked Potato Half Dinner Roll Seasonal Fruit Milk Margarine & Sour Cream Ranch Salad Dressing 27 Herb Roasted Pork Loin
Beef Taco Pinto Beans Shredded Lettuce & Tomato Flour Tortilla Spanish Rice Seasonal Fruit Milk Shredded Cheese Taco Sauce 24 Hawaiian Chicken Haystack Broccoli	Open Face Turkey Sandwich w/Gravy California Vegetable Blend Spinach Salad Mashed Potatoes Wheat Bread Fresh Grapes Cherry Cake Diet - Sugar-Free Cookie Milk Ranch Salad Dressing 25 Homemade Meatloaf w/Brown Gravy Creamed Peas	Salisbury Steak w/Brown Gravy Mixed Vegetables Beet Salad Egg Noodles Dinner Roll Seasonal Fruit Milk Margarine 26 Chicken Fajita Fiesta Vegetable Blend	Minestrone Soup w/Sausage Mixed Vegetables in Soup Mixed Green Salad Baked Potato Half Dinner Roll Seasonal Fruit Milk Margarine & Sour Cream Ranch Salad Dressing 27 Herb Roasted Pork Loin Creamy Dijon Sauce
Beef Taco Pinto Beans Shredded Lettuce & Tomato Flour Tortilla Spanish Rice Seasonal Fruit Milk Shredded Cheese Taco Sauce 24 Hawaiian Chicken Haystack Broccoli Cabbage & Carrots	Open Face Turkey Sandwich w/Gravy California Vegetable Blend Spinach Salad Mashed Potatoes Wheat Bread Fresh Grapes Cherry Cake Diet - Sugar-Free Cookie Milk Ranch Salad Dressing 25 Homemade Meatloaf w/Brown Gravy Creamed Peas Spinach Salad	Salisbury Steak w/Brown Gravy Mixed Vegetables Beet Salad Egg Noodles Dinner Roll Seasonal Fruit Milk Margarine 26 Chicken Fajita Fiesta Vegetable Blend Black Bean & Corn Salad	Minestrone Soup w/Sausage Mixed Vegetables in Soup Mixed Green Salad Baked Potato Half Dinner Roll Seasonal Fruit Milk Margarine & Sour Cream Ranch Salad Dressing 27 Herb Roasted Pork Loin Creamy Dijon Sauce Mixed Vegetables
Beef Taco Pinto Beans Shredded Lettuce & Tomato Flour Tortilla Spanish Rice Seasonal Fruit Milk Shredded Cheese Taco Sauce 24 Hawaiian Chicken Haystack Broccoli Cabbage & Carrots Jasmine Rice	Open Face Turkey Sandwich w/Gravy California Vegetable Blend Spinach Salad Mashed Potatoes Wheat Bread Fresh Grapes Cherry Cake Diet - Sugar-Free Cookie Milk Ranch Salad Dressing 25 Homemade Meatloaf w/Brown Gravy Creamed Peas Spinach Salad Garlic Whipped Potatoes	Salisbury Steak w/Brown Gravy Mixed Vegetables Beet Salad Egg Noodles Dinner Roll Seasonal Fruit Milk Margarine 26 Chicken Fajita Fiesta Vegetable Blend Black Bean & Corn Salad Flour Tortilla	Minestrone Soup w/Sausage Mixed Vegetables in Soup Mixed Green Salad Baked Potato Half Dinner Roll Seasonal Fruit Milk Margarine & Sour Cream Ranch Salad Dressing 27 Herb Roasted Pork Loin Creamy Dijon Sauce Mixed Vegetables Brussels Sprouts
Beef Taco Pinto Beans Shredded Lettuce & Tomato Flour Tortilla Spanish Rice Seasonal Fruit Milk Shredded Cheese Taco Sauce 24 Hawaiian Chicken Haystack Broccoli Cabbage & Carrots Jasmine Rice Wheat Bread	Open Face Turkey Sandwich w/Gravy California Vegetable Blend Spinach Salad Mashed Potatoes Wheat Bread Fresh Grapes Cherry Cake Diet - Sugar-Free Cookie Milk Ranch Salad Dressing 25 Homemade Meatloaf w/Brown Gravy Creamed Peas Spinach Salad Garlic Whipped Potatoes Dinner Roll	Salisbury Steak w/Brown Gravy Mixed Vegetables Beet Salad Egg Noodles Dinner Roll Seasonal Fruit Milk Margarine 26 Chicken Fajita Fiesta Vegetable Blend Black Bean & Corn Salad Flour Tortilla Spanish Brown Rice	Minestrone Soup w/Sausage Mixed Vegetables in Soup Mixed Green Salad Baked Potato Half Dinner Roll Seasonal Fruit Milk Margarine & Sour Cream Ranch Salad Dressing 27 Herb Roasted Pork Loin Creamy Dijon Sauce Mixed Vegetables Brussels Sprouts Potatoes Au Gratin
Beef Taco Pinto Beans Shredded Lettuce & Tomato Flour Tortilla Spanish Rice Seasonal Fruit Milk Shredded Cheese Taco Sauce 24 Hawaiian Chicken Haystack Broccoli Cabbage & Carrots Jasmine Rice Wheat Bread Pineapple Tidbits	Open Face Turkey Sandwich w/Gravy California Vegetable Blend Spinach Salad Mashed Potatoes Wheat Bread Fresh Grapes Cherry Cake Diet - Sugar-Free Cookie Milk Ranch Salad Dressing 25 Homemade Meatloaf w/Brown Gravy Creamed Peas Spinach Salad Garlic Whipped Potatoes Dinner Roll Seasonal Fruit	Salisbury Steak w/Brown Gravy Mixed Vegetables Beet Salad Egg Noodles Dinner Roll Seasonal Fruit Milk Margarine 26 Chicken Fajita Fiesta Vegetable Blend Black Bean & Corn Salad Flour Tortilla Spanish Brown Rice Seasonal Fruit	Minestrone Soup w/Sausage Mixed Vegetables in Soup Mixed Green Salad Baked Potato Half Dinner Roll Seasonal Fruit Milk Margarine & Sour Cream Ranch Salad Dressing 27 Herb Roasted Pork Loin Creamy Dijon Sauce Mixed Vegetables Brussels Sprouts Potatoes Au Gratin Cornbread
Beef Taco Pinto Beans Shredded Lettuce & Tomato Flour Tortilla Spanish Rice Seasonal Fruit Milk Shredded Cheese Taco Sauce 24 Hawaiian Chicken Haystack Broccoli Cabbage & Carrots Jasmine Rice Wheat Bread Pineapple Tidbits Fortune Cookie	Open Face Turkey Sandwich w/Gravy California Vegetable Blend Spinach Salad Mashed Potatoes Wheat Bread Fresh Grapes Cherry Cake Diet - Sugar-Free Cookie Milk Ranch Salad Dressing 25 Homemade Meatloaf w/Brown Gravy Creamed Peas Spinach Salad Garlic Whipped Potatoes Dinner Roll Seasonal Fruit Milk	Salisbury Steak w/Brown Gravy Mixed Vegetables Beet Salad Egg Noodles Dinner Roll Seasonal Fruit Milk Margarine 26 Chicken Fajita Fiesta Vegetable Blend Black Bean & Corn Salad Flour Tortilla Spanish Brown Rice Seasonal Fruit Milk	Minestrone Soup w/Sausage Mixed Vegetables in Soup Mixed Green Salad Baked Potato Half Dinner Roll Seasonal Fruit Milk Margarine & Sour Cream Ranch Salad Dressing 27 Herb Roasted Pork Loin Creamy Dijon Sauce Mixed Vegetables Brussels Sprouts Potatoes Au Gratin Cornbread Fresh Grapes
Beef Taco Pinto Beans Shredded Lettuce & Tomato Flour Tortilla Spanish Rice Seasonal Fruit Milk Shredded Cheese Taco Sauce 24 Hawaiian Chicken Haystack Broccoli Cabbage & Carrots Jasmine Rice Wheat Bread Pineapple Tidbits Fortune Cookie Milk	Open Face Turkey Sandwich w/Gravy California Vegetable Blend Spinach Salad Mashed Potatoes Wheat Bread Fresh Grapes Cherry Cake Diet - Sugar-Free Cookie Milk Ranch Salad Dressing 25 Homemade Meatloaf w/Brown Gravy Creamed Peas Spinach Salad Garlic Whipped Potatoes Dinner Roll Seasonal Fruit Milk Margarine	Salisbury Steak w/Brown Gravy Mixed Vegetables Beet Salad Egg Noodles Dinner Roll Seasonal Fruit Milk Margarine 26 Chicken Fajita Fiesta Vegetable Blend Black Bean & Corn Salad Flour Tortilla Spanish Brown Rice Seasonal Fruit	Minestrone Soup w/Sausage Mixed Vegetables in Soup Mixed Green Salad Baked Potato Half Dinner Roll Seasonal Fruit Milk Margarine & Sour Cream Ranch Salad Dressing 27 Herb Roasted Pork Loin Creamy Dijon Sauce Mixed Vegetables Brussels Sprouts Potatoes Au Gratin Cornbread
Beef Taco Pinto Beans Shredded Lettuce & Tomato Flour Tortilla Spanish Rice Seasonal Fruit Milk Shredded Cheese Taco Sauce 24 Hawaiian Chicken Haystack Broccoli Cabbage & Carrots Jasmine Rice Wheat Bread Pineapple Tidbits Fortune Cookie	Open Face Turkey Sandwich w/Gravy California Vegetable Blend Spinach Salad Mashed Potatoes Wheat Bread Fresh Grapes Cherry Cake Diet - Sugar-Free Cookie Milk Ranch Salad Dressing 25 Homemade Meatloaf w/Brown Gravy Creamed Peas Spinach Salad Garlic Whipped Potatoes Dinner Roll Seasonal Fruit Milk	Salisbury Steak w/Brown Gravy Mixed Vegetables Beet Salad Egg Noodles Dinner Roll Seasonal Fruit Milk Margarine 26 Chicken Fajita Fiesta Vegetable Blend Black Bean & Corn Salad Flour Tortilla Spanish Brown Rice Seasonal Fruit Milk	Minestrone Soup w/Sausage Mixed Vegetables in Soup Mixed Green Salad Baked Potato Half Dinner Roll Seasonal Fruit Milk Margarine & Sour Cream Ranch Salad Dressing 27 Herb Roasted Pork Loin Creamy Dijon Sauce Mixed Vegetables Brussels Sprouts Potatoes Au Gratin Cornbread Fresh Grapes

A suggested donation of \$4.00 is requested from seniors 60 and older.

Persons under 60 can enjoy a meal for \$7.00

Menu subject to change based on availability.

Follow Us on Facebook @triocommunitymeals