

HURRICANE ACTIVE LIFE CENTER

August 2020



MONDAY	TUESDAY	WEDNESDAY	THURSDAY
3	4	5	6
Salisbury Steak Mashed Potato w/Gravy Green Peas Mixed Green Salad Dinner Roll Seasonal Fruit Banana Pudding Milk Margarine Ranch Salad Dressing	Teriyaki Chicken Jasmine Rice Japanese Vegetable Blend Napa Cabbage Dinner Roll Citrus Fruit Cup Milk Margarine	Pizza Lasagna Italian Vegetable Blend Spinach Salad Garlic Texas Bread Fresh Red Grapes Milk Ranch Salad Dressing	Country Fried Steak Country Gravy Mashed Potatoes Mixed Vegetables Mixed Green Salad Wheat Roll Seasonal Fruit Milk Margarine Ranch Salad Dressing
10	11	12	13
Breaded Chicken w/Cordon Bleu Rice Pilaf Green Beans Parslied Carrots Wheat Bread Tropical Fruit Milk	Sloppy Joe Tater Tots Coleslaw Hamburger Bun Hot Spiced Fruit Sugar Cookie Milk Ketchup	Turkey Tetrazzini Capri Vegetable Blend Stewed Tomatoes Dinner Roll Cantaloupe Milk Margarine	Homemade Meatloaf w/Brown Gravy Mashed Potatoes Creamed Peas Mixed Green Salad Dinner Roll Pineapple Milk Margarine Ranch Salad Dressing
17	18	19	20
Italian Meatballs w/Tomato Garlic Sauce Penne Pasta Key Largo Vegetable Blend Three Bean Salad Dinner Roll Sliced Pears Milk Margarine	Honey Lime Chicken Garlic Rice Cabbage and Carrots Dinner Roll Seasonal Fruit Milk Margarine	BBQ Pulled Pork Macaroni and Cheese Buttered Spinach Coleslaw Cornbread Peach Crisp Milk Margarine Diet - Hot Peaches	Hot Open-Face Turkey Sandwich Mashed Potato w/Gravy Green Beans w/Onions Mixed Green Salad Texas Toast Tropical Fruit Ambrosia Milk Ranch Salad Dressing
24	25	26	27
Hawaiian Chicken Haystack White Rice Chow Mein Noodles Oriental Vegetable Blend Pineapple Tidbits Milk	Pot Roast Beef w/Brown Gravy Mashed Potatoes Peas & Carrots Mixed Green Salad Dinner Roll Seasonal Fruit Milk Margarine Ranch Salad Dressing	Fish Tacos Potato Crusted Pollock Spanish Rice Black Beans Coleslaw Corn Tortillas Applesauce Milk Taco Sauce	Swiss Steak Au Gratin Potatoes California Vegetable Blend Mixed Green Salad Seasonal Fruit Milk Margarine Ranch Salad Dressing
24	<p>A suggested donation of \$3.00 is requested from seniors 60 and older. Persons under 60 can enjoy a meal for \$7.00.</p>		<p>Milk and bread served with all meals. A Salad Bar is available every day in the dining room. Follow Us on Facebook @triocommunitymeals.com</p>
Spaghetti w/Meat Sauce Broccoli & Cauliflower Mixed Green Salad Garlic Texas Toast Hot Spiced Apples Milk Ranch Salad Dressing			