

Hurricane Active Life Center

August 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
2	3	4	5
Salisbury Steak w/Gravy Parslied Carrots Green Peas Mashed Potatoes Dinner Roll Fresh Seasonal Fruit Milk Margarine	Chicken Salad Croissant Beet Salad Grapes Oatmeal Raisin Cookie Milk Lettuce Tomato Onion Diet - Vanilla Wafers	Cheesy Pizza Bake Italian Veg Blend Spinach Salad Garlic Texas Bread Tropical Fruit Milk Salad Dressing	Glazed Ham Cut Yams Mixed Vegetables Macaroni Salad Dinner Roll Fresh Seasonal Fruit Milk Margarine
9	10	11	12
Breaded Chicken Cordon Bleu Green Beans Spinach Salad Rice Pilaf Wheat Bread Tropical Fruit Milk Margarine Salad Dressing	Sloppy Joe Tater Tots Coleslaw Whole Wheat Hamburger Bun Hot Spiced Fruit Sugar Cookie Milk Ketchup Diet - Vanilla Wafers	Chicken Fajitas Shredded Cheese Lettuce & Tomato Black Beans Fiesta Vegetables Tortilla Peaches Milk Taco Sauce	Homemade Meatloaf w/ Gravy Mashed Potatoes Parslied Carrots Creamed Peas Dinner Roll Pineapple Tidbits Milk Margarine
16	17	18	19
BBQ Pork Spinach Greens Coleslaw Macaroni and Cheese Cornbread Strawberry Gelatin w/Fruit Milk Margarine Diet - Fruited Gelatin	Honey Lime Chicken Breast Cabbage and Carrots Sugar Snap Peas Buttered Rice Dinner Roll Grapes Milk Margarine	Swiss Steak California Veg Blend Whole Kernel Corn Egg Noodles Wheat Bread Fresh Seasonal Fruit Milk Margarine	Turkey Shepherd's Pie Garden Vegetable Blend Spinach Salad Dinner Roll Hot Spiced Apples Milk Margarine Salad Dressing
23	24	25	26
Hawaiian Chicken Haystack White Rice Tomatoes and Green Peppers Cucumber Salad Pineapple Tidbits Milk	Pot Roast w/Gravy Mixed Vegetables Spinach Salad Mashed Potatoes Wheat Bread Fresh Seasonal Fruit Milk Salad Dressing Margarine	Potato Crusted Pollock Black Beans Coleslaw Corn Tortilla Spanish Rice Applesauce Milk Taco Sauce	Meatballs w/Spaghetti Sauce Penne Pasta Parslied Carrots Brussels Sprouts Texas Bread Peach Crisp Milk Diet - Hot Peaches
30	31		
Sliced Turkey Breast w/Gravy Green Beans and Onions Mixed Green Salad Mashed Potatoes Texas Bread Citrus Fruit Cup Milk Salad Dressing	Beef Chili w/Beans Baked Potato California Veg Blend Wheat Bread Fresh Seasonal Fruit Milk Margarine Sour Cream Shredded Cheese		A suggested donation of \$3.00 is requested from seniors 60 and older. Persons under 60 can enjoy a meal for \$7.00 Milk and Bread served with all meals. Follow Us on Facebook @triocommunitymeals.com