

Hurricane Active Life Center

August 2022

435-635-2089

MONDAY		TUESDAY		WEDNESDAY		THURSDAY	
1		2		3		4	
Chile Lime Chicken Brown Rice Whole Wheat Tortilla Broccoli Black Bean & Corn Salad Tropical Fruit Milk		Meatballs in Marinara Sauce Pasta Garlic Texas Bread Parslied Carrots Brussels Sprouts Seasonal Fruit Milk		Hawaiiian Chicken Haystack White Rice Saltine Crackers Japanese Vegetable Blend Cucumber Salad Pineapple Tidbits Milk		Turkey Breast w/Gravy Au Gratin Potatoes Green Beans w/Onions Spinach Salad Wheat Bread Peach Crisp <i>Diet - Sliced Peaches</i> Milk Margarine Ranch Salad Dressing	
8		9		10		11	
Chicken Cordon Bleu Biscuit Green Beans Parslied Carrots Tropical Fruit Milk		Sloppy Joe Hamburger Bun French Fries Carrot Raisin Salad Hot Spiced Apples Sugar Cookie <i>Diet - Vanilla Wafers</i> Milk Ketchup		Glazed Ham Cut Yams Macaroni Salad Mixed Vegetables Dinner Roll Seasonal Fruit Milk Margarine		Swiss Steak Egg Noodles Wheat Bread California Vegetable Blend Whole Kernel Corn Seasonal Fruit Milk Margarine	
15		16		17		18	
Cheeseburger Hamburger Bun Lettuce/Tomato/Onion/Pickles Potato Wedges Pineapple Milk Ketchup Mustard		Fish Vera Cruz Whole Wheat Tortilla Spanish Rice Black Beans Coleslaw Applesauce Milk		Cheesy Pizza Bake Garlic Texas Bread Italian Vegetable Blend Garden Tossed Salad Tropical Fruit Milk Ranch Salad Dressing		Chicken Fried Rice Broccoli Cabbage & Carrots Wheat Bread Seasonal Fruit Fortune Cookie Milk Margarine	
22		23		24		25	
Pork w/Lemon Caper Sauce Brown Rice Whole Kernel Corn Dinner Roll Spinach Salad Seasonal Fruit Milk Margarine Ranch Salad Dressing		Beef & Turkey Chili w/Beans Baked Potato Half California Vegetable Blend Wheat Bread Tropical Fruit Milk Margarine Sour Cream Shredded Cheese		Chicken Salad Sandwich w/Celery & Grapes Brioche Bun Lettuce/Tomato/Onion Coleslaw Mandarin Oranges Oatmeal Raisin Cookie <i>Diet - Vanilla Wafers</i> Milk		Salisbury Steak w/Gravy Au Gratin Potatoes Parslied Carrots Green Peas Garlic Texas Bread Seasonal Fruit Milk	
29		30		31			
BBQ Rib Patty Hamburger Bun Broccoli Potato Salad Fruited Gelatin <i>Diet - Sugar-Free Fruited Gelatin</i> Milk		Honey Lime Chicken Brussels Sprouts Cabbage & Carrots Brussels Sprouts Wheat Bread Tropical Fruit Milk Margarine		Homemade Meatloaf w/Brown Gravy Au Gratin Potatoes Parslied Carrots Green Peas Dinner Roll Cinnamon Applesauce Milk Margarine		A suggested donation of \$3.00 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	