

Hurricane Active Life Center

December 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
		1	2
<p>A suggested donation of \$3.00 is requested from seniors 60 and older.</p> <p>Persons under 60 can enjoy a meal for \$7.00</p> <p>Menu subject to change based on availability.</p> <p>Follow Us on Facebook @triocommunitymeals</p>		Herb Roasted Pork Loin Green Beans & Onions Glazed Baby Carrots Brown Rice Garlic Texas Bread Fruited Gelatin Milk Diet - Sugar-Free Gelatin w/ Fruit	Hawaiian Chicken Haystack White Rice in Entrée Broccoli Asian Coleslaw Wheat Bread Pineapple Tidbits in Entrée Milk Margarine
6	7	8	9
Beef & Turkey Lasagna Bake Italian Veg Blend Fresh Spinach Salad Garlic Texas Bread Cinnamon Applesauce Milk Salad Dressing	Turkey Pot Pie w/Biscuit Top Whole Kernel Corn Brussels Sprouts Buttered Rice Tropical Fruit Milk Margarine	Baked Chicken Breast w/Gravy San Francisco Veg Blend Mixed Green Salad Roasted Red Potatoes Wheat Bread Seasonal Fruit Milk Margarine Salad Dressing	Country Fried Steak w/Gravy Sliced Carrots Green Peas Mashed Potatoes Wheat Bread Fluffy Fruit Salad Milk Margarine Diet - Mixed Fruit
13	14	15	16
Chicken Parmesan Italian Veg Blend Garden Veg Blend Penne Pasta Texas Bread Citrus Fruit Cup Milk Margarine	Minestrone Sausage Soup Fresh Spinach Salad Broccoli Dinner Roll Ambrosia Fruit Salad Milk Margarine Salad Dressing	Homemade Meatloaf w/Gravy Parslied Carrots Green Beans Mashed Potatoes Wheat Bread Seasonal Fruit Milk Margarine	BBQ Pork Rib Patty Mixed Vegetables Coleslaw Potato Wedges Whole Wheat Hamburger Bun Tropical Fruit Milk
20	21	22	23
Salisbury Steak w/Gravy Green Peas Glazed Baby Carrots Brown Rice Dinner Roll Seasonal Fruit Milk Margarine	Potato Crstd Pollock w/Dill Sauce California Veg Blend Cucumber Salad Buttered Rice Wheat Bread Red Grapes Milk Margarine Chocolate Chip Cookie Diet - Vanilla Wafers	Christmas Meal Roast Beef w/Gravy Green Beans & Onions Mixed Green Salad Mashed Potatoes Dinner Roll Holiday Poke Cake Milk Margarine Salad Dressing	CLOSED <i>Christmas</i>
27	28	29	30
Cheese Ravioli Italian Veg Blend Fresh Spinach Salad Garlic Texas Bread Seasonal Fruit Milk Parmesan Cheese Salad Dressing	Beef Patty w/Cheese Tater Tots Carrot Slaw Whole Wheat Hamburger Bun Hot Spiced Apples Milk Mayonnaise Ketchup Mustard	New Year's Meal Glazed Ham Cut Yams Fresh Spinach Salad Black-Eyed Peas Cornbread Applesauce Baked Cookie Milk Margarine Salad Dressing Diet - Vanilla Wafers	CLOSED <i>New Year's</i>