

Hurricane Active Life Center

December 2022

435-635-2089



MONDAY	TUESDAY	WEDNESDAY	THURSDAY
<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>			1
5	6	7	8
Beef Stroganoff Mashed Potatoes California Vegetable Blend Garlic Texas Bread Spinach Salad Cinnamon Applesauce Milk Ranch Salad Dressing	Turkey Pot Pie Biscuit Whole Kernel Corn Broccoli Fluffy Fruit Salad <i>Diet - Mixed Fruit</i> Milk	Chicken Ratatouille Mixed Vegetables Roasted Red Potatoes Wheat Bread Tossed Salad Seasonal Fruit Milk Margarine Ranch Salad Dressing	Herb Roasted Pork Brown Rice Brussels Sprouts Glazed Baby Carrots Garlic Texas Bread Applesauce Milk Meatballs w/Spaghetti Sauce Pasta Sliced Carrots Green Peas Dinner Roll Seasonal Fruit Milk Margarine Parmesan Cheese
12	13	14	15
Chicken Parmesan Farfalle Pasta Green Peas Garden Vegetable Blend Texas Bread Cinnamon Applesauce Chocolate Chip Cookie <i>Diet - Sugar Free Cookie</i> Milk Margarine	Turkey Chili Shredded Cheese Baked Potato Brussels Sprouts Cornbread Seasonal Fruit Milk Sour Cream	Homemade Meatloaf w/Gravy Mashed Potatoes Parslied Carrots Spinach Salad Wheat Bread Seasonal Fruit Milk Margarine Ranch Salad Dressing	BBQ Pork Rib Patty Hamburger Bun Mixed Vegetables Coleslaw Tropical Fruit Milk
19	20	21	22
Salisbury Steak w/Gravy Au Gratin Potatoes Green Peas Dinner Roll Cucumber Salad Seasonal Fruit Milk Margarine	<i>Christmas Meal</i> Beef Tips w/Mushroom Gravy Au Gratin Potatoes Peas & Carrots Dinner Roll Mixed Green Salad Red & Green Poke Cake Milk Margarine Ranch Salad Dressing	Sausage Minestrone Soup Broccoli Roasted Red Potatoes Saltine Crackers Ambrosia Salad Milk	Glazed Ham Hashbrown Casserole Garden Vegetable Blend Wheat Bread Carrot Raisin Salad Applesauce Milk Margarine
26	27	28	29
CLOSED in observance of Christmas	Hot Turkey Aioli Sandwich Green Beans & Onions Beet Salad Wheat Bread Fresh Seasonal Fruit Milk	<i>New Year's Meal</i> Glazed Ham Yams Black-eyed Peas Spinach Salad Applesauce Chocolate Chip Cookie <i>Diet - Sugar Free Cookie</i> Milk Ranch Salad Dressing	Cheeseburger Hamburger Bun Potato Wedges Coleslaw Hot Spiced Apples Milk Ketchup Mustard