

# Hurricane Active Life Center | February 2023

435-635-2089

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
		1	2
		Pork w/Cranberry Apple Sauce Au Gratin Potatoes Cornbread Brussels Sprouts Beet Salad Seasonal Fruit Milk Margarine	Cheesy Pizza Bake Noodles Dinner Roll Winter Vegetable Blend Corn Fruited Gelatin <i>Diet - Fruit Cocktail</i> Milk Margarine
6	7	8	9
Creamy Paprika Chicken Penne Pasta Garlic Texas Bread California Vegetable Blend Green Peas Ambrosia Salad <i>Diet - Fruit Cocktail</i> Milk	Homemade Meatloaf w/Gravy Dinner Roll Mashed Potatoes Parslied Carrots Brussels Sprouts Seasonal Fruit Milk Margarine	Turkey Breast w/Gravy Confetti Rice Wheat Bread Green Beans & Onions Mixed Green Salad Seasonal Fruit Milk Margarine Ranch Salad Dressing	Cuban Shredded Pork Tortilla Fiesta Rice Black Beans Corn Salad Fresh Grapes Milk Taco Sauce
13	14	15	16
Hearty Tomato Soup Ham & Cheese Slider Brioche Roll Mixed Vegetables Spinach Salad Seasonal Fruit Milk Lettuce & Tomato Mustard Ranch Salad Dressing	<b>Valentine's Day Meal</b> Lasagna Garlic Texas Bread Noodles California Vegetable Blend Spinach Salad Seasonal Fruit Strawberry Swirl Pudding <i>Diet - Sugar-Free Pudding</i> Milk Ranch Salad Dressing	Potato Crusted Pollock Tortilla Fiesta Rice Broccoli Coleslaw Seasonal Fruit Milk Taco Sauce	BBQ Breaded Chicken Sandwich Hamburger Bun Baked Beans Corn Sliced Pears Milk
20	21	22	23
<b>CLOSED</b> President's Day	Enchilada Pie Tortilla Spanish Rice Fiesta Vegetable Blend Cucumber Salad Seasonal Fruit Milk	Turkey Cheeseburger Hamburger Bun Lettuce/Tomato/Onion/Pickles Potato Wedges Hot Cinnamon Applesauce Milk Ketchup Mustard	Meatball Stew Rotini Pasta Garlic Texas Bread Mixed Vegetables Spring Vegetable Blend Seasonal Fruit Chocolate Chip Cookie <i>Diet - Sugar-Free Cookie</i> Milk
27	28		
Country Fried Chicken w/Gravy Biscuit Broccoli Glazed Beets Seasonal Fruit Milk	Sweet & Sour Pork Jasmine Rice Dinner Roll San Francisco Vegetable Blend Green Beans & Onions Fresh Grapes 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	