

HURRICANE SENIOR CENTER

January 2021



MONDAY	TUESDAY	WEDNESDAY	THURSDAY
<p>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.</p> <p>A Salad Bar is available every day in the dining room.</p> <p>Follow Us on Facebook @triocommunitymeals.com</p>			
4	5	6	7
<p>Salisbury Steak with Onion Gravy Buttered Rice Stewed Tomatoes Green Peas Dinner Roll Peaches Milk Margarine</p>	<p>Sliced Turkey with Gravy Maple Roasted Sweet Potatoes Green Beans Mixed Green Salad Texas Bread Seasonal Fruit Milk Margarine Salad Dressing</p>	<p>Homemade Meatloaf with Brown Gravy Country Potatoes Capri Vegetables Carrot Raisin Salad Dinner Roll Seasonal Fruit Milk Margarine</p>	<p>BBQ Chicken Baked Beans Coleslaw Hamburger Bun Apple Raisin Compote Milk Diet - Apple slices</p>
11	12	13	14
<p>Smoked Turkey and Potato Soup Half Ham and Cheese Sandwich Lettuce and Tomato Cucumber Salad Tropical Fruit Cocktail Milk Mustard</p>	<p>Beef Lasagna Italian Vegetables Mixed Green Salad Texas Bread Pears Milk Margarine Salad Dressing</p>	<p>Cheese Omelet Hashbrowns Broccoli Croissant Seasonal Fruit Milk Assorted Jelly</p>	<p>Chicken Pot Pie Club Spinach Biscuit Mandarin Oranges Milk Margarine</p>
18	19	20	21
<p>Closed MLK Day</p>	<p>Parmesan Chicken Penne Pasta Garden Vegetables Cucumber Salad Texas Bread Seasonal Fruit Milk Margarine</p>	<p>Country Fried Steak with Country Gravy Mashed Potatoes Mixed Vegetables Mixed Green Salad Dinner Roll Seasonal Fruit Milk Margarine Salad Dressing</p>	<p>Cheese Enchiladas Enchilada Sauce Spanish Rice Black Beans Mixed Green Salad Seasonal Fruit Milk Salad Dressing</p>
25	26	27	28
<p>Chicken Cordon Bleu Parslied Rice Green Peas Mixed Green Salad Texas Bread Seasonal Fruit Milk Margarine Salad Dressing</p>	<p>Potato Crusted Fish Crinkle Cut Fries Mixed Vegetables Coleslaw Dinner Roll Pineapple Tidbits Milk Margarine Tartar Sauce Ketchup</p>	<p>Sweet and Sour Chicken Jasmine Rice Whole Kernel Corn Mixed Green Salad Dinner Roll Tropical Fruit Cocktail Milk Margarine Salad Dressing</p>	<p>Beef Chili with Beans Baked Potato Half Shredded Cheese Mixed Green Salad Parslied Carrots Seasonal Fruit Corn Chips Milk Salad Dressing</p>