

Hurricane Active Life Center

January 2022

435-635-2089



MONDAY	TUESDAY	WEDNESDAY	THURSDAY
3	4	5	6
Creamy Paprika Chicken California Veg Blend Green Peas Penne Pasta Texas Bread Ambrosia Salad Milk	Sliced Turkey Breast w/Gravy Green Beans & Onions Mixed Green Salad Confetti Rice Wheat Bread Seasonal Fruit Milk Margarine Salad Dressing	Homemade Meatloaf w/Gravy Brussels Sprouts Parslied Carrots Mashed Potatoes Dinner Roll Seasonal Fruit Milk Margarine	BBQ Chicken Sandwich Baked Beans Coleslaw Potato Wedges Whole Wheat Hamburger Bun Fresh Grapes Milk
10	11	12	13
Calico Soup Ham & Cheese Slider Mixed Vegetables in Soup Spinach Salad Seasonal Fruit Milk Mustard Lettuce & Tomato Salad Dressing	Salisbury Steak w/Onion Gravy Stewed Tomatoes Green Peas Buttered Rice Wheat Bread Sliced Pears Milk Margarine	Cheese Omelet Broccoli Glazed Beets Croissant Hash Brown Patty Seasonal Fruit Milk	Creamy Chicken & Gnocchi Mixed Vegetables Mixed Green Salad Dinner Roll Fluffy Fruit Salad Milk Margarine Salad Dressing
17	18	19	20
<p style="text-align: center;">CLOSED</p> Martin Luther King Jr. Day	Chicken Brunswick Stew Garden Veg Blend Cucumber Salad Buttered Rice Texas Bread Seasonal Fruit Milk	Turkey Burger w/Red Pepper Aioli Lettuce/Tomato/Onion/Pickle Five Bean Salad Potato Wedges Whole Wheat Hamburger Bun Hot Cinnamon Applesauce Milk Ketchup Mustard	Bean & Cheese Enchilada Pie w/Tortilla Fiesta Veg Blend Mixed Green Salad Spanish Rice Seasonal Fruit Milk Salad Dressing Taco Sauce
24	25	26	27
Fish Taco Coleslaw Mixed Vegetables Flour Tortilla Fiesta Rice Pineapple Tidbits Milk Taco Sauce	Breaded Chicken w/Cordon Bleu Green Peas Spinach Salad Parslied Whipped Potatoes Texas Bread Seasonal Fruit Milk Salad Dressing	Roast Pork w/Sweet & Sour Sauce San Francisco Veg Blend Green Beans & Onions Jasmine Rice Dinner Roll Tropical Fruit Milk Margarine	Sloppy Joe Sandwich Parslied Carrots Broccoli Whole Wheat Hamburger Bun Potato Salad Seasonal Fruit Milk
31	<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>		