

Hurricane Active Life Center | January 2023

435-635-2089

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
2	3	4	5
<p>CLOSED in observance of New Year's Day</p>	<p>Homemade Meatloaf w/Gravy Dinner Roll Mashed Potatoes Parslied Carrots Brussels Sprouts Seasonal Fruit Milk Margarine</p>	<p>Turkey Breast w/Gravy Confetti Rice Wheat Bread Green Beans & Onions Mixed Green Salad Seasonal Fruit Milk Margarine Ranch Salad Dressing</p>	<p>Cuban Shredded Pork Tortilla Fiesta Rice Black Beans Corn Salad Fresh Grapes Milk Taco Sauce</p>
9	10	11	12
<p>Hearty Tomato Soup Ham & Cheese Slider Brioche Roll Mixed Vegetables Spinach Salad Seasonal Fruit Milk Lettuce & Tomato Mustard Ranch Salad Dressing</p>	<p>Salisbury Steak w/Gravy Roasted Red Potatoes Wheat Bread Green Peas Stewed Tomatoes Fluffy Fruit Salad <i>Diet - Mixed Fruit</i> Milk Margarine</p>	<p>Potato Crusted Pollock Tortilla Fiesta Rice Broccoli Coleslaw Seasonal Fruit Milk Taco Sauce</p>	<p>BBQ Breaded Chicken Sandwich Hamburger Bun Baked Beans Corn Sliced Pears Milk</p>
16	17	18	19
<p>CLOSED Martin Luther King Jr. Day</p>	<p>Enchilada Pie Tortilla Spanish Rice Fiesta Vegetable Blend Cucumber Salad Seasonal Fruit Milk</p>	<p>Turkey Cheeseburger Hamburger Bun Lettuce/Tomato/Onion/Pickles Potato Wedges Hot Cinnamon Applesauce Milk Ketchup Mustard</p>	<p>Meatball Stew Rotini Pasta Garlic Texas Bread Mixed Vegetables Spring Vegetable Blend Seasonal Fruit Chocolate Chip Cookie <i>Diet - Sugar-Free Cookie</i> Milk</p>
23	24	25	26
<p>Country Fried Chicken w/Gravy Biscuit Broccoli Glazed Beets Seasonal Fruit Milk</p>	<p>Sweet & Sour Pork Jasmine Rice Dinner Roll San Francisco Vegetable Blend Green Beans & Onions Fresh Grapes Milk Margarine</p>	<p>Chicken Cordon Bleu Texas Bread Mashed Potatoes Green Peas Spinach Salad Seasonal Fruit Milk Ranch Salad Dressing</p>	<p>Beef Chili Baked Potato Half Wheat Bread Mixed Vegetables Parslied Carrots Seasonal Fruit Vanilla Pudding <i>Diet - Sugar-Free Pudding</i> Milk Sour Cream</p>
30	31		
<p>Hawaiian Chicken Haystack White Rice Wheat Bread Japanese Vegetable Blend Cabbage & Carrots Pineapple Tidbits Milk Margarine</p>	<p>Beef Taco Soup Tortilla Chips Spanish Brown Rice Mixed Vegetables Mixed Green Salad Seasonal Fruit Milk Shredded Cheese Ranch Salad Dressing</p>	<p>A suggested donation of \$3.00 is requested from seniors 60 and older. 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 @tricomcommunitymeals</p>	