Hurricane Active Life Center | January 2024

435-635-2089

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
1		3	
Closed	Homemade Meatloaf w/Gravy	Turkey Breast w/Gravy	Cuban Shredded Pork
	Mashed Potatoes	Stuffing	Spanish Rice
	Parslied Carrots	Green Beans & Onions	Black Beans
	Brussels Sprouts	Spinach Salad	Corn Salad
	Multi-Grain Bread	Wheat Bread	Corn Tortilla
	Seasonal Fruit	Seasonal Fruit	Seasonal Fruit
	Milk	Milk	Milk
	Margarine	Margarine	
	Ŭ	Ranch Salad Dressing	
8	9	10	
Country Fried Chicken	Salisbury Steak w/Gravy	Hearty Tomato Soup	BBQ Breaded Chicken Sandwig
Country Gravy	Au Gratin Potatoes	Ham & Cheese Slider	Baked Beans
Broccoli	Green Peas	Mixed Vegetables in Soup	Whole Kernel Corn
Glazed Beets	Stewed Tomatoes	Spinach Salad	Hamburger Bun
Biscuit	Wheat Bread	Seasonal Fruit	Applesauce
Seasonal Fruit	Fluffy Fruit Salad	Milk	Milk
Milk	Diet - Mixed Fruit	Ranch Salad Dressing	WIIK
WIIK	Milk	6	
		Mustard	
15	Margarine 16	17	
Closed	Pork Carnitas		Meatball Stew
Closed		Cheeseburger	
	Spanish Rice	Hamburger Bun	Rotini Pasta
	Fiesta Vegetable Blend	Lettuce/Tomato/Onion/Pickles	Mixed Vegetables in Stew
	Cucumber Salad	Potato Wedges	San Francisco Vegetable Blen
	Corn Tortilla	Hot Cinnamon Applesauce	Texas Bread
	Seasonal Fruit	Milk	Seasonal Fruit
	Milk	Ketchup	Milk
	Taco Sauce	Mustard	
22		24	
		24 Chickon Cordon Blou	Poof Chili
Potato Crusted Pollock	Sweet & Sour Pork	Chicken Cordon Bleu	Beef Chili Baked Potato
Potato Crusted Pollock Lemon Orzo	Sweet & Sour Pork Jasmine Rice	Chicken Cordon Bleu Mashed Potatoes	Baked Potato
Potato Crusted Pollock Lemon Orzo Broccoli	Sweet & Sour Pork Jasmine Rice San Francisco Vegetable Blend	Chicken Cordon Bleu Mashed Potatoes Green Peas	Baked Potato Parslied Carrots
Potato Crusted Pollock Lemon Orzo Broccoli Coleslaw	Sweet & Sour Pork Jasmine Rice San Francisco Vegetable Blend Green Beans & Onions	Chicken Cordon Bleu Mashed Potatoes Green Peas Spinach Salad	Baked Potato Parslied Carrots Wheat Bread
Potato Crusted Pollock Lemon Orzo Broccoli Coleslaw Wheat Dinner Roll	Sweet & Sour Pork Jasmine Rice San Francisco Vegetable Blend Green Beans & Onions Dinner Roll	Chicken Cordon Bleu Mashed Potatoes Green Peas Spinach Salad Texas Bread	Baked Potato Parslied Carrots Wheat Bread Vanilla Pudding
Potato Crusted Pollock Lemon Orzo Broccoli Coleslaw Wheat Dinner Roll Seasonal Fruit	Sweet & Sour Pork Jasmine Rice San Francisco Vegetable Blend Green Beans & Onions Dinner Roll Seasonal Fruit	Chicken Cordon Bleu Mashed Potatoes Green Peas Spinach Salad Texas Bread Seasonal Fruit	Baked Potato Parslied Carrots Wheat Bread Vanilla Pudding Diet- Sugar-Free Vanilla Puddi
Potato Crusted Pollock Lemon Orzo Broccoli Coleslaw Wheat Dinner Roll Seasonal Fruit Milk	Sweet & Sour Pork Jasmine Rice San Francisco Vegetable Blend Green Beans & Onions Dinner Roll Seasonal Fruit Milk	Chicken Cordon Bleu Mashed Potatoes Green Peas Spinach Salad Texas Bread Seasonal Fruit Milk	Baked Potato Parslied Carrots Wheat Bread Vanilla Pudding Diet- Sugar-Free Vanilla Puddi Milk
Potato Crusted Pollock Lemon Orzo Broccoli Coleslaw Wheat Dinner Roll Seasonal Fruit Milk Tartar Sauce	Sweet & Sour Pork Jasmine Rice San Francisco Vegetable Blend Green Beans & Onions Dinner Roll Seasonal Fruit Milk Margarine	Chicken Cordon Bleu Mashed Potatoes Green Peas Spinach Salad Texas Bread Seasonal Fruit Milk Ranch Salad Dressing	Baked Potato Parslied Carrots Wheat Bread Vanilla Pudding Diet- Sugar-Free Vanilla Puddi
Potato Crusted Pollock Lemon Orzo Broccoli Coleslaw Wheat Dinner Roll Seasonal Fruit Milk Tartar Sauce 29	Sweet & Sour Pork Jasmine Rice San Francisco Vegetable Blend Green Beans & Onions Dinner Roll Seasonal Fruit Milk Margarine 30	Chicken Cordon Bleu Mashed Potatoes Green Peas Spinach Salad Texas Bread Seasonal Fruit Milk Ranch Salad Dressing 31	Baked Potato Parslied Carrots Wheat Bread Vanilla Pudding Diet- Sugar-Free Vanilla Puddi Milk
Potato Crusted Pollock Lemon Orzo Broccoli Coleslaw Wheat Dinner Roll Seasonal Fruit Milk Tartar Sauce 29 Beef Taco Soup	Sweet & Sour Pork Jasmine Rice San Francisco Vegetable Blend Green Beans & Onions Dinner Roll Seasonal Fruit Milk Margarine 30 Pork w/Cranberry Apple Sauce	Chicken Cordon Bleu Mashed Potatoes Green Peas Spinach Salad Texas Bread Seasonal Fruit Milk Ranch Salad Dressing 31 Hawaiian Chicken Haystack	Baked Potato Parslied Carrots Wheat Bread Vanilla Pudding Diet- Sugar-Free Vanilla Puddi Milk
Potato Crusted Pollock Lemon Orzo Broccoli Coleslaw Wheat Dinner Roll Seasonal Fruit Milk Tartar Sauce 29 Beef Taco Soup Spanish Brown Rice	Sweet & Sour Pork Jasmine Rice San Francisco Vegetable Blend Green Beans & Onions Dinner Roll Seasonal Fruit Milk Margarine 30 Pork w/Cranberry Apple Sauce Au Gratin Potatoes	Chicken Cordon Bleu Mashed Potatoes Green Peas Spinach Salad Texas Bread Seasonal Fruit Milk Ranch Salad Dressing 31 Hawaiian Chicken Haystack White Rice	Baked Potato Parslied Carrots Wheat Bread Vanilla Pudding Diet- Sugar-Free Vanilla Puddi Milk Sour Cream & Margarine
Potato Crusted Pollock Lemon Orzo Broccoli Coleslaw Wheat Dinner Roll Seasonal Fruit Milk Tartar Sauce 29 Beef Taco Soup Spanish Brown Rice Mixed Vegetables in Soup	Sweet & Sour Pork Jasmine Rice San Francisco Vegetable Blend Green Beans & Onions Dinner Roll Seasonal Fruit Milk Margarine 30 Pork w/Cranberry Apple Sauce Au Gratin Potatoes Brussels Sprouts	Chicken Cordon Bleu Mashed Potatoes Green Peas Spinach Salad Texas Bread Seasonal Fruit Milk Ranch Salad Dressing 1 Hawaiian Chicken Haystack White Rice Japanese Vegetable Blend	Baked Potato Parslied Carrots Wheat Bread Vanilla Pudding Diet- Sugar-Free Vanilla Puddi Milk Sour Cream & Margarine
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Potato Crusted Pollock Lemon Orzo Broccoli Coleslaw Wheat Dinner Roll Seasonal Fruit Milk Tartar Sauce 29 Beef Taco Soup Spanish Brown Rice Mixed Vegetables in Soup Mixed Green Salad Tortilla Chips	Sweet & Sour Pork Jasmine Rice San Francisco Vegetable Blend Green Beans & Onions Dinner Roll Seasonal Fruit Milk Margarine 30 Pork w/Cranberry Apple Sauce Au Gratin Potatoes Brussels Sprouts Beet Salad Cornbread	Chicken Cordon Bleu Mashed Potatoes Green Peas Spinach Salad Texas Bread Seasonal Fruit Milk Ranch Salad Dressing 14awaiian Chicken Haystack White Rice Japanese Vegetable Blend Cabbage & Carrots Wheat Bread	Baked Potato Parslied Carrots Wheat Bread Vanilla Pudding Diet- Sugar-Free Vanilla Puddin Milk Sour Cream & Margarine A suggested donation of \$4.00 is reques from seniors 60 and older. Persons under 60 can enjoy a meal for \$ Menu subject to change based on availat
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