

Hurricane Active Life Center | January 2024

435-635-2089

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
1	2	3	4
<i>Closed</i>	Homemade Meatloaf w/Gravy Mashed Potatoes Parslied Carrots Brussels Sprouts Multi-Grain Bread Seasonal Fruit Milk Margarine	Turkey Breast w/Gravy Stuffing Green Beans & Onions Spinach Salad Wheat Bread Seasonal Fruit Milk Margarine Ranch Salad Dressing	Cuban Shredded Pork Spanish Rice Black Beans Corn Salad Corn Tortilla Seasonal Fruit Milk
8	9	10	11
Country Fried Chicken Country Gravy Broccoli Glazed Beets Biscuit Seasonal Fruit Milk	Salisbury Steak w/Gravy Au Gratin Potatoes Green Peas Stewed Tomatoes Wheat Bread Fluffy Fruit Salad Diet - Mixed Fruit Milk Margarine	Hearty Tomato Soup Ham & Cheese Slider Mixed Vegetables in Soup Spinach Salad Seasonal Fruit Milk Ranch Salad Dressing Mustard	BBQ Breaded Chicken Sandwich Baked Beans Whole Kernel Corn Hamburger Bun Applesauce Milk
15	16	17	18
<i>Closed</i>	Pork Carnitas Spanish Rice Fiesta Vegetable Blend Cucumber Salad Corn Tortilla Seasonal Fruit Milk Taco Sauce	Cheeseburger Hamburger Bun Lettuce/Tomato/Onion/Pickles Potato Wedges Hot Cinnamon Applesauce Milk Ketchup Mustard	Meatball Stew Rotini Pasta Mixed Vegetables in Stew San Francisco Vegetable Blend Texas Bread Seasonal Fruit Milk
22	23	24	25
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	Beef Chili Baked Potato Parslied Carrots Wheat Bread Vanilla Pudding Diet- Sugar-Free Vanilla Pudding Milk Sour Cream & Margarine
29	30	31	
Beef Taco Soup Spanish Brown Rice Mixed Vegetables in Soup Mixed Green Salad Tortilla Chips Seasonal Fruit Milk Ranch Salad Dressing	Pork w/Cranberry Apple Sauce Au Gratin Potatoes Brussels Sprouts Beet Salad Cornbread Seasonal Fruit Milk Margarine	Hawaiian Chicken Haystack White Rice Japanese Vegetable Blend Cabbage & Carrots Wheat Bread Pineapple Tidbits Milk Margarine	A suggested donation of \$4.00 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