

HURRICANE ACTIVE LIFE CENTER

July 2020



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. A Salad Bar is available every day in the dining room. Follow Us on Facebook @triocommunitymeals.com</p>						<p>Independence Day Meal</p>	
				<p>Beef Frito Pie with Cheese Spanish Rice Corn O'Brien Mixed Green Salad Corn Chips Seasonal Fruit Milk Taco Sauce Ranch Salad Dressing</p>		<p>Beef Chili Cheese Dog Tater Tots Coleslaw Hot Dog Bun Apple Blueberry Crisp Milk Mustard Ketchup Diet - Apple Slices</p>	
6		7		8		9	
<p>Breaded Chicken w/Cordon Bleu Sauce Rice Pilaf Green Beans Parslied Carrots Wheat Bread Tropical Fruit Milk</p>		<p>Sloppy Joe Tater Tots Coleslaw Hamburger Bun Hot Spiced Fruit Sugar Cookie Milk Ketchup</p>		<p>Turkey Tetrazzini Capri Vegetable Blend Stewed Tomatoes Dinner Roll Cantaloupe Milk Margarine</p>		<p>Homemade Meatloaf w/Brown Gravy Mashed Potatoes Creamed Peas Mixed Green Salad Dinner Roll Pineapple Milk Margarine Ranch Salad Dressing</p>	
13		14		15		16	
<p>Italian Meatballs w/Tomato Garlic Sauce Penne Pasta Key Largo Vegetable Blend Three Bean Salad Dinner Roll Sliced Pears Milk Margarine</p>		<p>Honey Lime Chicken Garlic Rice Cabbage and Carrots Dinner Roll Seasonal Fruit Milk Margarine</p>		<p>BBQ Pulled Pork Macaroni and Cheese Buttered Spinach Coleslaw Cornbread Peach Crisp Milk Margarine Diet - Hot Peaches</p>		<p>Hot Open-Face Turkey Sandwich Mashed Potato w/Gravy Green Beans w/Onions Mixed Green Salad Texas Toast Tropical Fruit Ambrosia Milk Ranch Salad Dressing</p>	
20		21		22		23	
<p>Hawaiian Chicken Haystack White Rice Chow Mein Noodles Oriental Vegetable Blend Pineapple Tidbits Milk</p>		<p>Pot Roast Beef w/Brown Gravy Mashed Potatoes Peas & Carrots Mixed Green Salad Dinner Roll Seasonal Fruit Milk Margarine Ranch Salad Dressing</p>		<p><i>Fish Tacos</i> Potato Crusted Pollock Spanish Rice Black Beans Coleslaw Corn Tortillas Applesauce Milk Taco Sauce</p>		<p>Pioneer Day Bratwurst Sauerkraut Herb Potato Salad Hot Dog Bun Watermelon Milk Mustard</p>	
27		28		29		30	
<p>Spaghetti w/Meat Sauce Broccoli & Cauliflower Mixed Green Salad Garlic Texas Toast Hot Spiced Apples Milk Ranch Salad Dressing</p>		<p>Chicken Salad Lettuce & Tomato & Onion Cucumber Salad Croissant Tropical Fruit Ranger Cookie Milk Diet - Vanilla Wafers</p>		<p>Glazed Ham Maples Roasted Sweet Potatoes Garden Vegetable Blend Mixed Green Salad Dinner Roll Mandarin Oranges Milk Margarine Ranch Salad Dressing</p>		<p>Beef Chili w/ Beans Shredded Cheese Baked Potato Tossed Salad Peaches Milk Sour Cream Ranch Salad Dressing</p>	