



Hurricane Active Life Center

435-635-2089

July 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
4	5	6	7
CLOSED Independence Day	<i>Independence Day Meal</i> BBQ Chicken Sandwich Hamburger Bun Whole Kernel Corn Coleslaw Seasonal Fruit Cherry Cake Lettuce & Tomato Milk	Glazed Ham Cut Yams Macaroni Salad Mixed Vegetables Dinner Roll Seasonal Fruit Milk Margarine	Swiss Steak Egg Noodles Wheat Bread California Vegetable Blend Whole Kernel Corn Seasonal Fruit Milk Margarine
11	12	13	14
Cheeseburger Hamburger Bun Lettuce/Tomato/Onion/Pickles Potato Wedges Pineapple Milk Ketchup Mustard	Fish Vera Cruz Whole Wheat Tortilla Spanish Rice Black Beans Coleslaw Applesauce Milk	Cheesy Pizza Bake Garlic Texas Bread Italian Vegetable Blend Garden Tossed Salad Tropical Fruit Milk Ranch Salad Dressing	Chicken Fried Rice Wheat Bread Broccoli Cabbage & Carrots Seasonal Fruit Fortune Cookie Milk Margarine
18	19	20	21
Pork w/Lemon Caper Sauce Brown Rice Whole Kernel Corn Dinner Roll Spinach Salad Seasonal Fruit Milk Margarine Ranch Salad Dressing	Beef & Turkey Chili w/Beans Wheat Bread Baked Potato Half California Vegetable Blend Tropical Fruit Milk Margarine Sour Cream Shredded Cheese	Chicken Salad Sandwich w/Celery & Grapes Brioche Bun Lettuce/Tomato/Onion Coleslaw Mandarin Oranges Oatmeal Raisin Cookie <i>Diet - Vanilla Wafers</i> Milk	<i>Pioneer Day Meal</i> Chili Cheese Dog Hot Dog Bun French Fries Coleslaw Seasonal Fruit Chocolate Chip Cookie <i>Diet - Vanilla Wafers</i> Milk Ketchup
25	26	27	28
CLOSED in observance of Pioneer Day	Honey Lime Chicken Buttered Rice Wheat Bread Brussels Sprouts Cabbage & Carrots Tropical Fruit Milk Margarine	Homemade Meatloaf w/Brown Gravy Au Gratin Potatoes Parslied Carrots Green Peas Dinner Roll Cinnamon Applesauce Milk Margarine	Bratwurst Hot Dog Bun Sauerkraut Baked Beans Seasonal Fruit Milk Ketchup Mustard

A suggested donation of \$3.00 is requested from seniors 60 and older.

Persons under 60 can enjoy a meal for \$7.00

Menu subject to change based on availability.

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