

Hurricane Active Life Center

435-635-2089

July 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
3	4	5	6
Independence Day Meal BBQ Chicken Sandwich Lettuce & Tomato Whole Kernel Corn Coleslaw Seasonal Fruit Cherry Cake Milk	Closed <i>for Holiday</i>	Glazed Ham Cut Yams Pasta Salad Mixed Vegetables Wheat Bread Seasonal Fruit Milk Margarine	Swiss Steak Egg Noodles California Vegetable Blend Whole Kernel Corn Wheat Bread Seasonal Fruit Milk Margarine
10	11	12	13
Cheeseburger Lettuce/Tomato/Onion Potato Wedges Hamburger Bun Pineapple Milk Ketchup Mustard	Beef Taco Spanish Rice Pinto Beans Coleslaw Flour Tortilla Applesauce Milk Taco Sauce	Cheesy Pizza Bake Italian Vegetable Blend Garden Tossed Salad Texas Bread Tropical Fruit Milk Salad Dressing	Chicken Fried Rice Broccoli Cabbage & Carrots Wheat Bread Seasonal Fruit Fortune Cookie Milk Margarine
17	18	19	20
Pork w/Lemon Caper Sauce Brown Rice Whole Kernel Corn Spinach Salad Dinner Roll Seasonal Fruit Milk Margarine Salad Dressing	Beef Chili w/Beans Shredded Cheese Baked Potato Half California Vegetable Blend Wheat Bread Seasonal Fruit Milk Margarine Sour Cream	Chicken Salad Sandwich Lettuce/Tomato/Onion Coleslaw Hamburger Bun Fresh Grapes Sugar Cookie Milk <i>Diet - Vanilla Wafers</i>	Pioneer Day Meal Chili Cheese Dog French Fries Coleslaw Hot Dog Bun Seasonal Fruit Chocolate Chip Cookie Milk Ketchup Diet - Vanilla Wafers
24	25	26	27
Closed <i>for Holiday</i>	Homemade Meatloaf Brown Gravy Au Gratin Potatoes Carrots Brussels Sprouts Dinner Roll Fruited Gelatin Milk Diet-Sugar-Free Fruited Gelatin Margarine	Honey Lime Chicken Buttered Rice Green Peas California Vegetable Blend Wheat Bread Tropical Fruit Milk Margarine	Beef Hot Dog Crinkle Cut Fries Baked Beans Hot Dog Bun Seasonal Fruit Milk Ketchup Mustard
31	<p>A suggested donation of \$4.00 is requested from seniors 60 and older.</p> <p>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 @triocommunitymeals</p>		
Sliced Turkey Breast Gravy Au Gratin Potatoes Green Beans w/Onions Spinach Salad Wheat Bread Tropical Fruit Milk Salad Dressing			