

HURRICANE ACTIVE LIFE CENTER

95 N. 300 W.
435-635-2089

November 2020

TRIO Community Meals
an elior company

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
2	3	4	5
<p>Turkey Pot Pie Whole Kernel Corn Buttered Rice Mixed Green Salad Biscuit Seasonal Fruit Margarine Ranch Salad Dressing</p>	<p>Vegetable Lasagna Bake Capri Vegetables Mixed Green Salad Texas Bread Seasonal Fruit Margarine Ranch Salad Dressing</p>	<p>Buffalo Chicken Lettuce and Tomato Sweet Potato Fries Coleslaw Hamburger Bun Cinnamon Applesauce Ranch Dressing</p>	<p>Country Fried Steak w/Country Gravy Mashed Potatoes Sliced Carrots Green Peas Dinner Roll Fluffy Fruit Salad Margarine Diet - Mix Fruit</p>
9	10	11	12
<p>Cacciatore Chicken Penne Pasta Italian Vegetables Mixed Green Salad Texas Bread Hot Spiced Pears Margarine Ranch Salad Dressing</p>	<p>Teriyaki Meatballs Fried Rice Japanese Vegetables Mixed Green Salad Dinner Roll Mandarin Oranges Margarine Ranch Salad Dressing</p>	<p style="text-align: center;">Closed Veteran's Day</p>	<p>Baked Chicken with Creamy Paprika Sauce Mashed Potatoes Brussels Sprouts Mixed Green Salad Dinner Roll Seasonal Fruit Margarine Ranch Salad Dressing</p>
16	17	18	19
<p>Salisbury Steak with Brown Gravy Brown Rice Green Peas Glazed Carrots Dinner Roll Seasonal Fruit Margarine</p>	<p>Sliced Ham Mashed Spiced Yams Winter Vegetables Beet Salad Wheat Bread Tropical Fruit Cocktail Margarine</p>	<p>Beef Chili w/Beans Shredded Cheese Baked Potato Mixed Green Salad Cornbread Seasonal Fruit Margarine Ranch Salad Dressing</p>	<p>Alfredo Chicken Fettuccini Noodles Garden Vegetables Mixed Green Salad Garlic Texas Toast Apple Crisp Margarine Ranch Salad Dressing Diet - Hot Peaches</p>
23	24	25	26
<p>Cilantro Lime Chicken Spanish Rice Black Beans Corn Relish Tortilla Peaches</p>	<p>Creole Beef Buttermilk Potatoes Mixed Vegetables Texas Bread Tropical Fruit Margarine</p>	<p style="text-align: center;">Thanksgiving Day Meal</p> <p>Turkey Breast with Gravy Cranberry Sauce Stuffing Green Beans Mashed Potatoes Mixed Green Salad Dinner Roll Margarine Ranch Salad Dressing Diet - Mixed Fruit</p>	<p style="text-align: center;">Closed Thanksgiving Day</p>
30	<p>A suggested donation of \$3.00 is requested from seniors 60 and older. Persons under 60 can enjoy a meal for \$7.00.</p>		<p>Bread served with all meals. Follow Us on Facebook @triocommunitymeals.com</p>
<p>Swedish Meatballs Egg Noodles California Vegetables Mixed Green Salad Dinner Roll Tropical Fruit Margarine Ranch Salad Dressing</p>			