

Hurricane Active Life Center

November 2021

435-635-2089



MONDAY	TUESDAY	WEDNESDAY	THURSDAY
1	2	3	4
Beef & Turkey Lasagna Bake Italian Veg Blend Fresh Spinach Salad Garlic Texas Bread Cinnamon Applesauce Milk Salad Dressing	Turkey Pot Pie w/Biscuit Top Whole Kernel Corn Brussels Sprouts Buttered Rice Tropical Fruit Milk Margarine	Baked Chicken Breast w/Gravy San Francisco Veg Blend Mixed Green Salad Roasted Red Potatoes Wheat Bread Seasonal Fruit Milk Margarine Salad Dressing	Country Fried Steak w/Gravy Sliced Carrots Green Peas Mashed Potatoes Dinner Roll Fluffy Fruit Salad Milk Margarine Diet - Mixed Fruit Birthday Cake
8	9	10	11
Chicken Parmesan Italian Veg Blend Garden Veg Blend Penne Pasta Texas Bread Citrus Fruit Cup Milk Margarine	Minestrone Sausage Soup Fresh Spinach Salad Broccoli Dinner Roll Ambrosia Fruit Salad Milk Margarine Salad Dressing	Homemade Meatloaf w/Gravy Parslied Carrots Green Beans Mashed Potatoes Wheat Bread Seasonal Fruit Milk Margarine	CLOSED <i>Veteran's' Day</i>
15	16	17	18
Salisbury Steak w/Gravy Green Peas Glazed Baby Carrots Brown Rice Dinner Roll Seasonal Fruit Milk Margarine	Potato Crusted Pollock w/Dill Sauce California Veg Blend Cucumber Salad Buttered Rice Wheat Bread Red Grapes Milk Margarine Chocolate Chip Cookie Diet - Vanilla Wafers	Beef Chili Baked Potato Brussels Sprouts Cornbread Shredded Cheese Seasonal Fruit Milk Sour Cream	Glazed Ham Garden Veg Blend Mixed Green Salad Cut Yams Texas Bread Applesauce Milk Margarine Salad Dressing
22	23	24	25
Cheese Ravioli Italian Veg Blend Fresh Spinach Salad Garlic Texas Bread Seasonal Fruit Milk Parmesan Cheese Salad Dressing	Beef Patty w/Cheese Tater Tots Carrot Slaw Whole Wheat Hamburger Bun Hot Spiced Apples Milk Mayonnaise Ketchup Mustard	Thanksgiving Meal Sliced Turkey Breast w/Gravy Cranberry Sauce Candied Yams Green Beans Stuffing & Mashed Potatoes Dinner Roll Pumpkin Pie w/Whipped Topping Milk Margarine	CLOSED <i>Thanksgiving Weekend</i>
29	30		
Swedish Meatballs California Veg Blend Green Peas Penne Pasta Dinner Roll Seasonal Fruit Milk Margarine	Cheese Omelet Capri Veg Blend Hash brown Potatoes Croissant Applesauce Milk Assorted Jelly Ketchup	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. Follow Us on Facebook @triocommunitymeals	