

# Hurricane Active Life Center

November 2022 435-635-2089



MONDAY	TUESDAY	WEDNESDAY	THURSDAY
	1	2	3
	Turkey Pot Pie Biscuit Whole Kernel Corn Broccoli Fluffy Fruit Salad <i>Diet - Mixed Fruit</i> Milk	Chicken Ratatouille Mixed Vegetables Roasted Red Potatoes Wheat Bread Tossed Salad Seasonal Fruit Milk Margarine Ranch Salad Dressing	Meatballs w/Spaghetti Sauce Pasta Sliced Carrots Green Peas Dinner Roll Seasonal Fruit Milk Margarine Parmesan Cheese
7	8	9	10
Chicken Parmesan Farfalle Pasta Green Peas Garden Vegetable Blend Texas Bread Cinnamon Applesauce Chocolate Chip Cookie <i>Diet - Sugar Free Cookie</i> Milk Margarine	Turkey Chili Shredded Cheese Baked Potato Brussels Sprouts Cornbread Seasonal Fruit Milk Sour Cream	Homemade Meatloaf w/Gravy Mashed Potatoes Parslied Carrots Wheat Bread Spinach Salad Seasonal Fruit Milk Margarine Ranch Salad Dressing	BBQ Pork Rib Patty Hamburger Bun Mixed Vegetables Coleslaw Tropical Fruit Milk
14	15	16	17
Salisbury Steak w/Gravy Au Gratin Potatoes Green Peas Dinner Roll Cucumber Salad Seasonal Fruit Milk Margarine	Chicken w/Cranberry Orange Sauce Brown Rice 3-Way Mixed Vegetables Garlic Texas Bread Spinach Salad Seasonal Fruit Milk Ranch Salad Dressing	Sausage Minestrone Soup Roasted Red Potatoes Broccoli Saltine Crackers Ambrosia Salad Milk	Glazed Ham Hashbrown Casserole Garden Vegetable Blend Wheat Bread Carrot Raisin Salad Applesauce Milk Margarine
21	22	23	24
Chicken Alfredo Rotini Pasta California Vegetable Blend Wheat Bread Cucumber Salad Seasonal Fruit Milk Margarine	<b>Thanksgiving Meal</b> Sliced Turkey Breast w/Gravy Stuffing & Mashed Potatoes Green Beans Glazed Baby Carrots Cranberry Sauce Dinner Roll Milk Margarine Pumpkin Pie	Pork Fried Rice Japanese Vegetable Blend Cabbage & Carrots Dinner Roll Pineapple Tidbits Fortune Cookie Milk Margarine	<b>CLOSED</b> Thanksgiving Day
28	29	30	
Swedish Meatballs Penne Pasta Corn Green Peas Dinner Roll Seasonal Fruit Milk Margarine	Hawaiian Chicken Haystack White Rice Broccoli Asian Coleslaw Wheat Bread Pineapple Tidbits Milk Margarine	Baked Potato Soup Capri Vegetable Blend Spinach Salad Cornbread Fresh Seasonal Fruit Milk Ranch Salad Dressing Sugar Cookie <i>Diet - Sugar Free Cookie</i>	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.  Follow Us on Facebook @triocommunitymeals