

# Hurricane Active Life Center

November 2023

435-635-2089



MONDAY	TUESDAY	WEDNESDAY	THURSDAY
		1	2
	<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>	<p>Potato Crusted Fish</p> <p>Roasted Potatoes</p> <p>Mixed Green Salad</p> <p>Wheat Roll</p> <p>Seasonal Fruit</p> <p>Milk</p> <p>Margarine</p> <p>Salad Dressing</p> <p>Tartar Sauce</p>	<p>Meatballs w/Spaghetti Sauce</p> <p>Pasta</p> <p>Sliced Carrots</p> <p>Green Peas</p> <p>Garlic Bread</p> <p>Seasonal Fruit</p> <p>Milk</p> <p>Margarine</p>
6	7	8	9
<p>Chicken Parmesan</p> <p>Penne Pasta</p> <p>Green Peas</p> <p>Garden Vegetable Blend</p> <p>Texas Bread</p> <p>Cinnamon Applesauce</p> <p>Milk</p> <p>Margarine</p>	<p>Homemade Meatloaf w/Gravy</p> <p>Mashed Potatoes</p> <p>Parslied Carrots</p> <p>Spinach Salad</p> <p>Wheat Bread</p> <p>Seasonal Fruit</p> <p>Milk</p> <p>Margarine</p> <p>Ranch Salad Dressing</p>	<p>Chili w/Shredded Cheese</p> <p>Baked Potato</p> <p>Brussels Sprouts</p> <p>Cornbread</p> <p>Seasonal Fruit</p> <p>Milk</p> <p>Sour Cream</p>	<p>BBQ Pork Rib Patty</p> <p>Mixed Vegetables</p> <p>Coleslaw</p> <p>Hamburger Bun</p> <p>Tropical Fruit</p> <p>Milk</p>
13	14	15	16
<p>Salisbury Steak w/Gravy</p> <p>Whipped Potatoes</p> <p>Green Peas</p> <p>Cucumber Salad</p> <p>Wheat Bread</p> <p>Seasonal Fruit</p> <p>Milk</p> <p>Margarine</p>	<p>Chicken w/Cranberry Orange Sauce</p> <p>Brown Rice</p> <p>3-Way Mixed Vegetables</p> <p>Spinach Salad</p> <p>Garlic Texas Bread</p> <p>Seasonal Fruit</p> <p>Milk</p> <p>Ranch Salad Dressing</p>	<p>Sausage Minestrone Soup</p> <p>Saltine Crackers</p> <p>Roasted Potatoes</p> <p>Broccoli</p> <p>Ambrosia Salad</p> <p>Milk</p>	<p>Glazed Ham</p> <p>Au Gratin Potatoes</p> <p>Garden Vegetable Blend</p> <p>Spinach</p> <p>Wheat Bread</p> <p>Applesauce</p> <p>Milk</p> <p>Margarine</p>
20	21	22	23
<p>Chicken Alfredo</p> <p>Fettuccini Noodles</p> <p>California Vegetable Blend</p> <p>Broccoli Salad</p> <p>Texas Bread</p> <p>Seasonal Fruit</p> <p>Milk</p> <p>Margarine</p>	<p><b>Thanksgiving Meal</b></p> <p>Sliced Turkey Breast w/Gravy</p> <p>Cranberry Sauce</p> <p>Dinner Roll</p> <p>Stuffing &amp; Mashed Potatoes</p> <p>Green Beans</p> <p>Glazed Baby Carrots</p> <p>Margarine</p> <p>Pumpkin Pie</p> <p>***Reservations Needed***</p>	<p>Pork Fried Rice</p> <p>Japanese Vegetable Blend</p> <p>Cabbage</p> <p>Wheat Bread</p> <p>Fresh Mandarin Orange</p> <p>Fortune Cookie</p> <p>Milk</p> <p>Margarine</p>	<p><b>CLOSED</b></p> <p>Thanksgiving</p>
27	28	29	30
<p>Swedish Meatballs</p> <p>Penne Pasta</p> <p>Whole Kernel Corn</p> <p>Green Peas</p> <p>Wheat Bread</p> <p>Seasonal Fruit</p> <p>Milk</p> <p>Margarine</p>	<p>Hawaiian Chicken Haystack</p> <p>White Rice</p> <p>Broccoli</p> <p>Asian Coleslaw</p> <p>Pineapple Tidbits</p> <p>Wheat Bread</p> <p>Milk</p> <p>Margarine</p>	<p>Loaded Potato Soup</p> <p>Capri Vegetable Blend</p> <p>Spinach Salad</p> <p>Cornbread</p> <p>Sugar Cookie</p> <p>Diet - Sugar Free Cookie</p> <p>Seasonal Fruit</p> <p>Milk</p> <p>Salad Dressing &amp; Margarine</p>	<p>Herb Roasted Pork</p> <p>Garlic Country Potatoes</p> <p>Brussels Sprouts</p> <p>Glazed Baby Carrots</p> <p>Garlic Texas Bread</p> <p>Applesauce</p> <p>Milk</p>