

# HURRICANE ACTIVE LIFE CENTER

95 N. 300 W.

October 2020

435-635-2089



MONDAY		TUESDAY		WEDNESDAY		THURSDAY	
<p>A suggested donation of \$3.00 is requested from seniors 60 and older. Persons under 60 can enjoy a meal for \$7.00 Bread served with all meals. Follow Us on Facebook @triocommunitymeals.com</p>							<b>1</b>
	<b>5</b>		<b>6</b>		<b>7</b>		<b>8</b>
<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>Smoked Turkey Potato Soup Sliced Carrots Cornbread Seasonal Fruit Strawberry Gelatin Margarine Diet - Sugar-Free Gelatin</p>		<p>Baked Chicken with Creamy Paprika Sauce Mashed Potatoes Brussels Sprouts Mixed Green Salad Dinner Roll Seasonal Fruit Margarine Ranch Salad Dressing</p>	
	<b>12</b>		<b>13</b>		<b>14</b>		<b>15</b>
<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>	
	<b>19</b>		<b>20</b>		<b>21</b>		<b>22</b>
<p>Cilantro Lime Chicken Spanish Rice Black Beans Tortilla Peaches</p>		<p>Creole Beef Buttermilk Potatoes Mixed Vegetables Texas Bread Tropical Fruit Margarine</p>		<p>Potato Crusted Fish Macaroni &amp; Cheese California Vegetables Cucumber Salad Seasonal Fruit Gingerbread Bread Pudding Tartar Sauce Diet - Vanilla Wafers</p>		<p>Homemade Meatloaf w/Brown Gravy Mashed Potatoes Parslied Carrots Mixed Green Salad Dinner Roll Citrus Fruit Cup Margarine Ranch Salad Dressing</p>	
	<b>26</b>		<b>27</b>		<b>28</b>		<b>29</b>
<p>Swedish Meatballs Egg Noodles California Vegetables Mixed Green Salad Dinner Roll Tropical Fruit Margarine Ranch Salad Dressing</p>		<p>Glazed Ham Baked Sweet Potato Garden Vegetables Mixed Green Salad Cornbread Seasonal Fruit Baked Cookie Margarine Ranch Salad Dressing Diet - Vanilla Wafers</p>		<p>Hawaiian Chicken Haystack Peas &amp; Carrots Basmati Rice Asian Coleslaw Chow Mein Noodles Pineapple Tidbits Margarine</p>		<p><b>Halloween Meal</b> BBQ Pork Baked Beans Coleslaw Hamburger Bun Pineapple Tidbits Baked Cookie Diet - Vanilla Wafers</p>	