

Hurricane Active Life Center

435-635-2089 October 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
4	5	6	7
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	BBQ Pork Rib Patty Mixed Vegetables Coleslaw Potato Wedges Whole Wheat Hamburger Bun Tropical Fruit Milk
11	12	13	14
Salisbury Steak w/Gravy Green Peas Glazed Baby Carrots Brown Rice Dinner Roll Seasonal Fruit Milk Margarine	Potato Crstd 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
18	19	20	21
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	Chicken Breast w/Alfredo Sauce Fettuccini Noodles California Veg Blend Cucumber Salad Wheat Bread Peach Crisp Milk Diet - Hot Peaches Margarine	Pork Fried Rice Japanese Veg Blend Cabbage & Carrots Dinner Roll Pineapple Tidbits Milk Margarine
25	26	27	28
Swedish Meatballs California Veg Blend Green Peas Penne Pasta Dinner Roll Seasonal Fruit Milk Margarine	Herb Roasted Pork Loin Green Beans & Onions Glazed Baby Carrots Brown Rice Garlic Texas Bread Fruited Gelatin Milk Diet - Sugar-Free Gelatin w/Fruit	Cheese Omelet Capri Veg Blend Hash brown Potatoes Croissant Applesauce Milk Assorted Jelly Ketchup	Halloween Meal BBQ Pulled Pork Baked Beans Coleslaw Whole Wheat Hamburger Bun Seasonal Fruit Baked Cookie Milk Diet - Vanilla Wafers

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.

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