

Hurricane Active Life Center

435-635-2089

October 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
3	4	5	6
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 Spinach Salad Wheat Bread Seasonal Fruit Milk Margarine Ranch Salad Dressing	BBQ Pork Rib Patty Hamburger Bun Mixed Vegetables Coleslaw Tropical Fruit Milk
10	11	12	13
Salisbury Steak w/Gravy Au Gratin Potatoes Green Peas Dinner Roll Cucumber Salad Seasonal Fruit Milk Margarine	Chicken w/Cranberry Orange Sauce 3-Way Mixed Vegetables Brown Rice Garlic Texas Bread Spinach Salad Seasonal Fruit Milk Ranch Salad Dressing	Sausage Minestrone Soup Broccoli Roasted Red Potatoes Saltine Crackers Ambrosia Salad Milk	Glazed Ham Hashbrown Casserole Garden Vegetable Blend Wheat Bread Carrot Raisin Salad Applesauce Milk Margarine
17	18	19	20
Chicken Alfredo Rotini Pasta California Vegetable Blend Wheat Bread Cucumber Salad Seasonal Fruit Milk Margarine	Hot Turkey Aioli Sandwich Green Beans & Onions Beet Salad Wheat Bread Fresh Seasonal Fruit Milk	Pork Fried Rice Japanese Vegetable Blend Cabbage & Carrots Dinner Roll Pineapple Tidbits Fortune Cookie Milk Margarine	Cheeseburger Hamburger Bun Potato Wedges Coleslaw Hot Spiced Apples Milk Ketchup Mustard
24	25	26	27
Swedish Meatballs Penne Pasta Corn Green Peas Dinner Roll Seasonal Fruit Milk Margarine	Hawaiian Chicken Haystack White Rice Broccoli Wheat Bread Asian Coleslaw 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>	Herb Roasted Pork Brown Rice Brussels Sprouts Glazed Baby Carrots Garlic Texas Bread Applesauce Milk
31			
Halloween Meal BBQ Pork Sandwich Hamburger Bun Baked Beans Coleslaw Seasonal Fruit Sugar Cookie <i>Diet - Sugar Free Cookie</i> Milk	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		