



Hurricane Active Life Center

435-635-2089
October 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
2	3	4	5
Chicken Parmesan Penne Pasta Green Peas Garden Vegetable Blend Texas Bread Cinnamon Applesauce Milk Margarine	Homemade Meatloaf w/Gravy Mashed Potatoes Parslied Carrots Spinach Salad Wheat Bread Seasonal Fruit Milk Margarine Ranch Salad Dressing	Chili Shredded Cheese Baked Potato Brussels Sprouts Cornbread Seasonal Fruit Milk Sour Cream	BBQ Pork Rib Patty Mixed Vegetables Coleslaw Hamburger Bun Tropical Fruit Milk
9	10	11	12
Salisbury Steak w/Gravy Whipped Potatoes Green Peas Cucumber Salad Wheat Bread Seasonal Fruit Milk Margarine	Chicken w/Cranberry Orange Sauce Brown Rice 3-Way Mixed Vegetables Spinach Salad Garlic Texas Bread Seasonal Fruit Milk Ranch Salad Dressing	Sausage Minestrone Soup Saltine Crackers Roasted Potatoes Broccoli Ambrosia Salad Milk	Glazed Ham Au Gratin Potatoes Garden Vegetable Blend Spinach Wheat Bread Applesauce Milk Margarine
16	17	18	19
Chicken Alfredo Fettuccini Noodles California Vegetable Blend Broccoli Salad Texas Bread Seasonal Fruit Milk Margarine	Hot Turkey Aioli Sandwich Wheat Bread Green Beans & Onions Glazed Beets Tropical Fruit Milk	Pork Fried Rice Japanese Vegetable Blend Cabbage Wheat Bread Fresh Mandarin Orange Fortune Cookie Milk Margarine	Cheeseburger Hamburger Bun Lettuce/Tomato/Onion/Pickle Potato Wedges Hot Spiced Apples Milk Ketchup Mustard
23	24	25	26
Swedish Meatballs Penne Pasta Whole Kernel Corn Green Peas Wheat Bread Seasonal Fruit Milk Margarine	Hawaiian Chicken Haystack White Rice Broccoli Asian Coleslaw Pineapple Tidbits Wheat Bread Milk Margarine	Loaded Potato Soup Capri Vegetable Blend Spinach Salad Cornbread Sugar Cookie <i>Diet - Sugar Free Cookie</i> Fresh Fruit Milk Salad Dressing & Margarine	Herb Roasted Pork Garlic Country Potatoes Brussels Sprouts Glazed Baby Carrots Garlic Texas Bread Applesauce Milk
30	31		
Stroganoff Mashed Potatoes California Vegetable Blend Spinach Salad Dinner Roll Cinnamon Applesauce Milk Ranch Salad Dressing	Halloween Meal BBQ Pork Sandwich Hamburger Bun Baked Beans Coleslaw Seasonal Fruit Sugar Cookie <i>Diet - Vanilla Wafers</i> Milk	 TRIO Community Meals <i>Nourishment through compassionate care.</i>	A suggested donation of \$4.00 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