

HURRICANE ACTIVE LIFE CENTER

September 2020



MONDAY	TUESDAY	WEDNESDAY	THURSDAY
1		2	
	Chicken Salad Lettuce & Tomato & Onion Cucumber Salad Croissant Tropical Fruit Ranger Cookie Milk Diet - Vanilla Wafers	Glazed Ham Maples Roasted Sweet Potatoes Garden Vegetable Blend Mixed Green Salad Dinner Roll Mandarin Oranges Milk Margarine Ranch Salad Dressing	Labor Day Meal Hamburger Lettuce Tomato Pickle Onion Crinkle Cut Fries Hamburger Bun Peach Crisp Milk Mustard Ketchup Diet - Peaches
7		8	
CLOSED LABOR DAY	Teriyaki Chicken Jasmine Rice Japanese Vegetable Blend Napa Cabbage Dinner Roll Citrus Fruit Cup Milk Margarine	Pizza Lasagna Italian Vegetable Blend Spinach Salad Garlic Texas Bread Fresh Red Grapes Milk Ranch Salad Dressing	Country Fried Steak Country Gravy Mashed Potatoes Mixed Vegetables Mixed Green Salad Wheat Roll Seasonal Fruit Milk Margarine Ranch Salad Dressing
14		15	
Breaded Chicken w/Cordon Bleu Sauce Rice Pilaf Green Beans Parslied Carrots Wheat Bread Tropical Fruit Milk	Sloppy Joe Tater Tot Coleslaw Hamburger Bun Hot Spiced Fruit Sugar Cookie Milk Ketchup	Turkey Tetrzzini Capri Vegetable Blend Stewed Tomatoes Dinner Roll Cantaloupe Milk Margarine	Homemade Meatloaf w/Brown Gravy Mashed Potatoes Creamed Peas Mixed Green Salad Dinner Roll Pineapple Milk Margarine Ranch Salad Dressing
21		22	
Italian Meatballs w/Tomato Garlic Sauce Penne Pasta Key Largo Vegetable Blend Three Bean Salad Dinner Roll Sliced Pears Milk Margarine	Honey Lime Chicken Garlic Rice Cabbage and Carrots Dinner Roll Seasonal Fruit Milk Margarine	BBQ Pulled Pork Macaroni and Cheese Buttered Spinach Coleslaw Cornbread Peach Crisp Milk Margarine Diet - Hot Peaches	Hot Open-Face Turkey Sandwich Mashed Potato w/Gravy Green Beans w/Onions Mixed Green Salad Texas Toast Tropical Fruit Ambrosia Milk Ranch Salad Dressing
28		29	
Hawaiian Chicken Haystack White Rice Chow Mein Noodles Oriental Vegetable Blend Pineapple Tidbits Milk	Pot Roast Beef w/Brown Gravy Mashed Potatoes Peas & Carrots Mixed Green Salad Dinner Roll Seasonal Fruit Milk Margarine Ranch Salad Dressing	Fish Tacos Potato Crusted Pollock Spanish Rice Black Beans Coleslaw Corn Tortillas Applesauce Milk Taco Sauce	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. A Salad Bar is available every day in the dining room. Follow Us on Facebook @triocommunitymeals.com
30		30	