

Hurricane Active Life Center

435-635-2089

September 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
		1	2
<p>A suggested donation of \$3.00 is requested from seniors 60 and older.</p> <p>Persons under 60 can enjoy a meal for \$7.00</p> <p>Milk and Bread served with all meals. Lunch served 11:30 am -12:30 pm Follow Us on Facebook @triocommunitymeals.com</p>		<p>Pork Roast w/Lemon Caper Sauce Glazed Beets Green Beans Brown Rice Dinner Roll Fresh Seasonal Fruit Milk Margarine</p>	<p>Teriyaki Chicken Breast Japanese Veg Blend Napa Cabbage Jasmine Rice Dinner Roll Ambrosia Salad Milk Margarine</p>
6	7	8	9
<p>CLOSED <i>Labor Day</i></p>	<p>Labor Day Meal Beef Patty Hamburger Bun Crinkle Cut Fries Fresh Watermelon Milk Ketchup Mustard Lettuce Tom Onion Pickle</p>	<p>Cheesy Pizza Bake Italian Veg Blend Spinach Salad Garlic Texas Bread Tropical Fruit Milk Salad Dressing</p>	<p>Glazed Ham Cut Yams Mixed Vegetables Macaroni Salad Dinner Roll Fresh Seasonal Fruit Milk Margarine</p>
13	14	15	16
<p>Breaded Chicken Cordon Bleu Green Beans Spinach Salad Rice Pilaf Wheat Bread Tropical Fruit Milk Margarine Salad Dressing</p>	<p>Sloppy Joe Tater Tots Coleslaw Whole Wheat Hamburger Bun Hot Spiced Fruit Sugar Cookie Milk Ketchup Diet - Vanilla Wafers</p>	<p>Chicken Fajitas Shredded Cheese Lettuce & Tomato Black Beans Fiesta Vegetables Tortilla Peaches Milk Taco Sauce</p>	<p>Homemade Meatloaf w/Gravy Mashed Potatoes Parslied Carrots Creamed Peas Dinner Roll Pineapple Tidbits Milk Margarine</p>
20	21	22	23
<p>BBQ Pork Spinach Greens Coleslaw Macaroni and Cheese Cornbread Strawberry Gelatin w/ Fruit Milk Margarine Diet - Fruited Gelatin</p>	<p>Honey Lime Chicken Breast Cabbage and Carrots Sugar Snap Peas Buttered Rice Dinner Roll Grapes Milk Margarine</p>	<p>Swiss Steak California Veg Blend Whole Kernel Corn Egg Noodles Wheat Bread Fresh Seasonal Fruit Milk Margarine</p>	<p>Turkey Shepherd's Pie Garden Vegetable Blend Spinach Salad Dinner Roll Hot Spiced Apples Milk Margarine Salad Dressing</p>
27	28	29	30
<p>Hawaiian Chicken Haystack White Rice Tomatoes and Green Peppers Cucumber Salad Pineapple Tidbits Milk</p>	<p>Pot Roast w/Gravy Mixed Vegetables Spinach Salad Mashed Potatoes Wheat Bread Fresh Seasonal Fruit Milk Salad Dressing Margarine</p>	<p>Potato Crusted Pollock Black Beans Coleslaw Corn Tortilla Spanish Rice Applesauce Milk Taco Sauce</p>	<p>Meatballs w/Spaghetti Sauce Penne Pasta Parslied Carrots Brussels Sprouts Texas Bread Peach Crisp Milk Diet - Hot Peaches</p>