



Hurricane Active Life Center

September 2023 435-635-2089

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
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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.

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4	5	6	7
<i>Closed for Holiday</i>	Hawaiian Chicken Haystack White Rice Japanese Vegetable Blend Cucumber Salad Chow Mein Noodles Pineapple Tidbits Milk	Meatballs w/Spaghetti Sauce Penne Pasta Parslied Carrots Brussels Sprouts Garlic Texas Bread Seasonal Fruit Milk	Baked Chicken Coconut Chili Sauce Rice Broccoli Black Bean Salad Dinner Roll Seasonal Fruit Milk Margarine & Salad Dressing
11	12	13	14
Chicken Cordon Bleu Green Beans Mashed Potatoes Cornbread Tropical Fruit Milk	Sloppy Joe Sandwich French Fries Bean Salad Hamburger Bun Hot Spiced Apples Sugar Cookie Milk Ketchup Diet - Vanilla Wafers	Glazed Ham Pasta Salad Cut Yams Mixed Vegetables Wheat Bread Seasonal Fruit Milk Margarine	Swiss Steak Egg Noodles California Vegetable Blend Whole Kernel Corn Wheat Bread Seasonal Fruit Milk Margarine
18	19	20	21
Cheeseburger Lettuce/Tomato/Onion Potato Wedges Hamburger Bun Pineapple Milk Ketchup Mustard	Beef Taco Spanish Rice Pinto Beans Coleslaw Flour Tortilla Applesauce Milk Taco Sauce	Cheesy Pizza Bake Italian Vegetable Blend Garden Tossed Salad Texas Bread Tropical Fruit Milk Salad Dressing	Chicken Fried Rice Broccoli Cabbage & Carrots Wheat Bread Seasonal Fruit Fortune Cookie Milk Margarine
25	26	27	28
Pork w/Lemon Caper Sauce Brown Rice Whole Kernel Corn Spinach Salad Dinner Roll Seasonal Fruit Milk Margarine Salad Dressing	Beef Chili w/Beans Shredded Cheese Baked Potato Half California Vegetable Blend Wheat Bread Seasonal Fruit Milk Margarine Sour Cream	Chicken Salad Sandwich Lettuce/Tomato/Onion Coleslaw Hamburger Bun Fresh Grapes Sugar Cookie Milk <i>Diet - Vanilla Wafers</i>	Salisbury Steak w/Gravy Mashed Potatoes Parslied Carrots Green Peas Wheat Roll Seasonal Fruit Milk