


Hurricane Senior Center

September 2017

Monday	Tuesday	Wednesday	Thursday
<p><i>A suggested donation of \$3.00 is requested from seniors 60 and older.</i></p> <hr style="border-top: 1px dashed black;"/> <p><i>Persons under 60 can enjoy a meal for \$7.00. Milk and bread served with all meals</i></p> <hr style="border-top: 1px dashed black;"/> <p><i>Milk and bread served with all meals. Salad bar available every day in dining room.</i></p>			
4	5	6	7
Closed for Holiday	<p>Meatballs w/Spaghetti Sauce Whole Grain Spaghetti Zucchini Mixed Green Salad Apple Crisp Diet - Apple Slices</p>	<p>Glazed Ham Maple Roasted Sweet Potatoes Green Beans Mixed Green Salad Seasonal Fruit</p>	<p>Open Faced Hot Roast Beef Sandwich Twice Whipped Potatoes Mixed Vegetables Carrot Pineapple Salad Seasonal Fruit Brownie Diet - Chocolate Pudding</p>
11	12	13	14
<p>Sloppy Joe on Bun Tater Tots Whole Kernel Corn Coleslaw Frog Eye Fruit Salad Diet - Vanilla Wafers</p>	<p>Fajita Chicken Brown Spanish Rice Fajita Vegetable Blend Black Bean Corn Salad Flour Tortilla Seasonal Fruit</p>	<p>Herb Roasted Pork Loin Roasted Red Potatoes Parslied Carrots Cucumber Salad Mandarin Oranges</p>	<p>Homemade Meatloaf Brown Gravy Whipped Potatoes Creamed Peas Mixed Green Salad Tropical Fruit</p>
18	19	20	21
<p>Turkey Noodle Bake Green Beans Mixed Green Salad Hot Spiced Pears</p>	<p>Italian Sausage Sandwich Marinara sauce w/peppers & onions Potato Wedges Coleslaw Seasonal Fruit</p>	<p>Beef Taco Salad Shredded Cheese Mexican Rice Tortilla Chips Seasonal Fruit Strawberry Fruited Gelatin Diet - Fruited Gelatin</p>	<p>Crispy Baked Chicken Scalloped Potatoes Glazed Carrots Three Bean Salad Seasonal Fruit</p>
25	26	27	28
<p>Salisbury Steak w/Onion Gravy Garlic Whipped Potatoes Zucchini w/Tomatoes Mixed Green Salad Seasonal Fruit</p>	<p>Hamburger on Bun Baked Beans Tomatoes and Onions Potato Salad Fruit</p>	<p>Ham & Cheese Sandwich Lettuce/Tomato/Onion Broccoli Slaw Peaches & Cottage Cheese Strawberry Shortcake Cookie Diet - Vanilla Wafers</p>	<p>Roasted Turkey Breast w/Gravy Baked Potato w/Sour Cream Capri Vegetable Blend Carrot Raisin Salad Applesauce</p>

Hurricane Senior Center
435-635-2089

.....

Lunch is Served 11:30 a.m. to 12:30 p.m.

.....

Thrift Store is Open Monday - Thursday
11:30 a.m. to 2:30 p.m.

Happy Birthday!

Is your Birthday in
September?

Clip this coupon and bring
to Hurricane Senior Center
and receive 1 free lunch.

Welcome!

Is this your first time here?
Please use this as a
"lunch is on us" ticket.