

# Hurricane Senior Center

## August 2017

| Monday  | Tuesday  | Wednesday   | Thursday   |
|---|--|---|--|
| <p><i>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</i></p> <hr/> <p><i>Milk and bread served with all meals. Salad bar available every day in dining room.</i></p> | <p style="text-align: right;"><b>1</b></p> <p><b>Meatballs w/Spaghetti Sauce</b><br/>Whole Grain Spaghetti<br/>Zucchini<br/>Mixed Green Salad<br/>Hot Cinnamon Applesauce</p>                                  | <p style="text-align: right;"><b>2</b></p> <p><b>Glazed Ham</b><br/>Maple Roasted Sweet Potatoes<br/>Green Beans<br/>Mixed Green Salad<br/>Seasonal Fruit</p>   | <p style="text-align: right;"><b>3</b></p> <p><b>Open Faced Hot Roast Beef Sandwich</b><br/>Twice Whipped Potatoes<br/>Mixed Vegetables<br/>Carrot Pineapple Salad<br/>Seasonal Fruit<br/>Brownie<br/>Diet - Chocolate Pudding</p> |
| <p style="text-align: right;"><b>7</b></p> <p><b>Sloppy Joe on Bun</b><br/>Tater Tots<br/>Whole Kernel Corn<br/>Coleslaw<br/>Frog Eye Fruit Salad<br/>Diet - Vanilla Wafers</p>   | <p style="text-align: right;"><b>8</b></p> <p><b>Fajita Chicken</b><br/>Brown Spanish Rice<br/>Fajita Vegetable Blend<br/>Black Bean Corn Salad<br/>Flour Tortilla<br/>Seasonal Fruit</p>                      | <p style="text-align: right;"><b>9</b></p> <p><b>Herb Roasted Pork Loin</b><br/>Roasted Red Potatoes<br/>Parslied Carrots<br/>Cucumber Salad<br/>Mandarin Oranges</p>   | <p style="text-align: right;"><b>10</b></p> <p><b>Homemade Meatloaf</b><br/>Brown Gravy<br/>Whipped Potatoes<br/>Creamed Peas<br/>Mixed Green Salad<br/>Tropical Fruit</p>   |
| <p style="text-align: right;"><b>14</b></p> <p><b>Turkey Noodle Bake</b><br/>Green Beans<br/>Mixed Green Salad<br/>Hot Spiced Pears</p>   | <p style="text-align: right;"><b>15</b></p> <p><b>Italian Sausage Sandwich</b><br/>Marinara Sauce<br/>w/peppers &amp; onions<br/>Potato Wedges<br/>Coleslaw<br/>Seasonal Fruit</p>                             | <p style="text-align: right;"><b>16</b></p> <p><b>Beef Taco Salad</b><br/>Shredded Cheese<br/>Mexican Rice<br/>Tortilla Chips<br/>Seasonal Fruit<br/>Strawberry Fruited Gelatin<br/>Diet - Fruited Gelatin</p>            | <p style="text-align: right;"><b>17</b></p> <p><b>Crispy Baked Chicken</b><br/>Scalloped Potatoes<br/>Glazed Carrots<br/>Three Bean Salad<br/>Seasonal Fruit</p>   |
| <p style="text-align: right;"><b>21</b></p> <p><b>Salisbury Steak w/Onion Gravy</b><br/>Garlic Whipped Potatoes<br/>Green Peas<br/>Mixed Green Salad<br/>Seasonal Fruit</p>   | <p style="text-align: right;"><b>22</b></p> <p><b>Chicken Fried Rice</b><br/>Japanese Vegetable Blend<br/>Seasoned Cabbage<br/>Citrus Fruit Cup</p>  | <p style="text-align: right;"><b>23</b></p> <p><b>Ham &amp; Cheese Sandwich</b><br/>Lettuce/Tomato/Onion<br/>Broccoli Slaw<br/>Peaches &amp; Cottage Cheese<br/>Strawberry Shortcake Cookie<br/>Diet - Vanilla Wafers</p> | <p style="text-align: right;"><b>24</b></p> <p><b>Roasted Turkey Breast w/Gravy</b><br/>Baked Potato w/Sour Cream<br/>Capri Vegetable Blend<br/>Carrot Raisin Salad<br/>Applesauce</p>   |
| <p style="text-align: right;"><b>28</b></p> <p><b>Country Fried Steak</b><br/>Country Gravy<br/>Whipped Potatoes<br/>Peas and Carrots<br/>Mixed Green Salad<br/>Seasonal Fruit</p>  | <p style="text-align: right;"><b>29</b></p> <p><b>Beef Pot Roast w/Brown Gravy</b><br/>Roasted Potatoes<br/>Carrots with Celery<br/>Mixed Green Salad<br/>Pineapple Lime Whip<br/>Diet - Chocolate Pudding</p> | <p style="text-align: right;"><b>30</b></p> <p><b>Potato Crusted Pollock</b><br/>Macaroni and Cheese<br/>California Vegetable Blend<br/>Coleslaw<br/>Applesauce</p>   | <p style="text-align: right;"><b>31</b></p> <p><b>Labor Day</b><br/>Pulled BBQ Chicken<br/>Macaroni Salad<br/>Baked Beans<br/>Glazed Baby Carrots<br/>Spiced Pear Gelatin<br/>Diet - Peaches</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 August?  
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.