

Hurricane Senior Center

October 2017

| Monday | Tuesday | Wednesday | Thursday |
|---|---|--|--|
| 2 | 3 | 4 | 5 |
| Chicken & Wild Rice Bake Sugar Snap Peas Cucumber Salad Texas Bread Hot Spiced Fruit | Potato Crusted Pollock on Bun Tater Gems Whole Kernel Corn Coleslaw Pineapple Tidbits | Teriyaki Meatballs Fried Rice Sliced Carrots Asian Coleslaw Apple Blueberry Crisp Diet - Hot Sliced Apples | Pork Loin w/ Brown Gravy Baked Potato w/Sour Cream Broccoli Mixed Green Salad Seasonal Fruit |
| 9 | 10 | 11 | 12 |
| Beef Spaghetti Sauce Parslied Spaghetti Noodles Seasoned Zucchini Mixed Green Salad Apple Raisin Compote | Roasted Turkey Breast Poultry Gravy Whipped Potatoes Capri Vegetable Blend Beet Salad Seasonal Fruit Blondie Diet - Vanilla Wafers | Stuffed Bell Peppers Whole Kernel Corn Green Beans Macaroni Salad Mandarin Oranges | Creamy Paprika Chicken Breast Oven Roasted Potatoes Club Spinach Corn Salad Pears |
| 16 | 17 | 18 | 19 |
| Turkey Stew Cabbage Mixed Green Salad Seasonal Fruit Rocky Road Pudding Diet - Chocolate Pudding | Glazed Ham Sweet Potato Casserole California Vegetable Blend Mixed Green Salad Tropical Fruit | Mozzarella Chicken Garden Rotini Spinach Cucumber Tomato Salad Peach Crisp Diet - Hot Peaches | Homemade Meatloaf Brown Gravy Whipped Potatoes Glazed Carrots Five Bean Salad Fruit Cocktail |
| 23 | 24 | 25 | 26 |
| Country Fried Steak Country Gravy Garlic Whipped Potatoes Green Beans Corn Salad Peaches & Pineapple | Baked Tilapia w/Lemon Dill Sauce Rice Florentine Garden Vegetable Blend Carrot Pineapple Salad Seasonal Fruit Strawberry Whip Diet - Fruited Gelatin | Orange Glazed Pork Roast Cornbread Dressing Mixed Vegetables Coleslaw Seasonal Fruit | Crispy Baked Chicken Sandwich Lettuce/Tomato/Onion Tater Tots Chuckwagon Corn Citrus Fruit Cup |
| 30 | 31 | 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 Salad bar available every day in dining room. | |
| Ham & Scalloped Potato Bake Brussels Sprouts Mixed Green Salad Apricot Halves | <u>Halloween</u> Bratwurst on Bun Sauerkraut Whole Kernel Corn Baked Beans Seasonal Fruit Oatmeal Raisin Cookie Diet - Vanilla Wafers | | |

Hurricane Senior Center
435-635-2089

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Lunch is Served 11:30 a.m. to 12:30 p.m.
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Thrift Store is Open Monday - Thursday
11:30 a.m. to 2:30 p.m.

Happy Birthday!

Is your Birthday in October?
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.