

Hurricane Senior Center

April 2018

Monday	Tuesday	Wednesday	Thursday
2	3	4	5
BBQ Pork Bun Baked Beans Coleslaw Hot Spiced Fruit	Crispy Baked Chicken Au Gratin Potatoes Green Beans Mixed Green Salad Seasonal Fruit Pineapple Lime Whip Diet Dessert: Diet Fruited Gelatin	Beef Lasagna Bake Spinach Mixed Green Salad Garlic Bread Fruit Cocktail	Hot Open Faced Turkey Sandwich Mashed Potatoes & Gravy Peas and Carrots Cucumber Salad Seasonal Fruit
9	10	11	12
Parmesan Chicken Penne Pasta Zucchini Mixed Green Salad Breadstick Seasonal Fruit	Teriyaki Meatballs Fried Rice Seasoned Cabbage Sugar Snap Peas Mandarin Oranges	Bratwurst Bun Kraut and Apples German Potato Salad Seasonal Fruit	Tater Tot Casserole Green Beans Mixed Green Salad Peach Crisp Diet Dessert: Warm Peaches
16	17	18	19
Country Fried Steak with Country Gravy Mashed Potatoes Stewed Tomatoes Mixed Green Salad Tropical Fruit	Glazed Ham Sweet Potato Hash Garden Vegetable Blend Mixed Green Salad Seasonal Fruit French Silk Pudding Diet Dessert: Diet Chocolate Pudding	Beef Frito Pie Shredded Cheese Spanish Rice Corn O'Brien Mixed Green Salad Corn Chips Seasonal Fruit	Chicken Sandwich Tater Tots Green Pea Salad Pears
23	24	25	26
Baked Chicken with Apricot Mustard Sauce Scalloped Potatoes Parslied Carrots Mixed Green Salad Seasonal Fruit Chocolate Chip Cookie Diet Dessert: Crème Cookies	Baked Tilapia with Lemon Caper Sauce Confetti Rice Sugar Snap Peas Cucumber Tomato Salad Cornbread Apricot Halves	Fajita Chicken Fajita Vegetables Black Beans Corn Salad Flour Tortilla Peaches	Homemade Meatloaf with Brown Gravy Baked Potato Mixed Vegetables Mixed Green Salad Seasonal Fruit
30	WHY SHOULD I EAT BREAKFAST?		
Salisbury Steak with Brown Gravy Garlic Mashed Potatoes Club Spinach Mixed Green Salad Applesauce	<ul style="list-style-type: none"> • A good breakfast gives your brain the fuel it needs to function and focus on important daily tasks. • Skipping breakfast can make you feel tired, restless, or irritable. Someone who skips breakfast is likely to get famished before lunchtime. • People who eat breakfast tend to eat healthier overall and are more likely to participate in physical activities. 		<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.</i></p> <p>Milk and bread served with all meals.</p> <p>Salad bar available every day in dining room.</p>