

Hurricane Senior Center

July 2018

Monday	Tuesday	Wednesday	Thursday
2	3	4	5
Turkey Stew Red Potatoes Carrots with Celery Beet Salad Biscuit Tropical Fruit	<u><i>Independence Day Holiday Meal</i></u> Hamburger on Bun Lettuce, Tomato, & Onion Pickles Twice Whipped Potatoes Michele's Fruit Salad Brownie Diet - Vanilla Wafers	<u><i>Closed for Holiday</i></u> 	Homemade Meatloaf Brown Gravy Whipped Potatoes Creamed Peas Mixed Green Salad Seasonal Fruit
9	10	11	12
<u><i>Chicken & Waffles w/Syrup</i></u> Chicken Tenders Waffle Pancake Syrup Mixed Vegetables Mixed Green Salad Seasonal Fruit	<u><i>Beef Taco Salad</i></u> Beef Chili w/Beans Shredded Cheese Brown Spanish Rice Lettuce, Tomato, & Onion Tortilla Chips Seasonal Fruit Strawberry Fruited Gelatin Taco Sauce Sour Cream Diet - Fruited Gelatin	Bratwurst Hoagie Marinara Sauce with Peppers and Onions Coleslaw Seasonal Fruit	Turkey Noodle Bake Green Beans Mixed Green Salad Hot Spiced Pears
16	17	18	19
Potato Crusted Pollock Au Gratin Potatoes California Vegetable Blend Coleslaw Applesauce	Pork Fried Rice Japanese Vegetable Blend Napa Cabbage Citrus Fruit Cup	Sliced Turkey & Swiss on Rye Bread Lettuce/Tomato/Onion Green Pea Salad Peaches w/Cottage Cheese Strawberry Shortcake Cookie Diet - Vanilla Wafers	Swiss Steak Garlic Whipped Potatoes Glazed Baby Carrots Mixed Green Salad Seasonal Fruit
23	24	25	26
<u><i>Pioneer Day Holiday Meal</i></u> Bratwurst on Bun Sauerkraut and Apples Potato Salad Seasonal Fruit Ranger Cookie Diet - Vanilla Wafers	<u><i>Closed for Holiday</i></u> 	Asian Noodle Chicken Salad Sugar Snap Peas Cabbage and Carrots Wonton Strips Seasonal Fruit Mandarin Orange Whip Diet - Fruited Gelatin	Country Fried Steak Country Gravy Whipped Potatoes Green Beans Mixed Green Salad Tropical Fruit
30	31		
Meatballs w/Spaghetti Sauce Whole Grain Spaghetti Zucchini Mixed Green Salad Garlic Texas Bread Hot Cinnamon Applesauce	Honey Lime Chicken Rice Florentine Fiesta Vegetable Blend Coleslaw Seasonal Fruit		<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> Milk and bread served with all meals. Salad bar available every day in dining room.