

Hurricane Senior Center

June 2018

435-635-2089

Monday	Tuesday	Wednesday	Thursday
4 Salisbury Steak with Brown Gravy Garlic Mashed Potatoes Club Spinach Mixed Green Salad Applesauce	5 Hawaiian Chicken Haystack Buttered Rice Broccoli Cuts and Florets Pineapple Tidbits	6 Beef Spaghetti Sauce over Spaghetti Italian Vegetable Blend Three Bean Salad Garlic Bread Peach Cobbler	7 Pork Loin with Sweet Thai Chili Sauce Roasted Red Potatoes Brussels Sprouts Mixed Green Salad Cornbread Seasonal Fruit
11 BBQ Pork on Bun Baked Beans Coleslaw Hot Spiced Fruit	12 Crispy Baked Chicken Au Gratin Potatoes Green Beans Mixed Green Salad Seasonal Fruit Pineapple Lime Whip Diet Dessert: Diet Fruited Gelatin	13 Hot Open Faced Turkey Sandwich Mashed Potatoes & Gravy Peas and Carrots Cucumber Salad Seasonal Fruit	14 <i>Father's Day Holiday Meal</i> Green Pepper Casserole Whole Kernel Corn Macaroni Salad Seasonal Fruit Rocky Road Pudding Diet Dessert: Diet Chocolate Pudding
18 Parmesan Chicken Penne Pasta Zucchini Mixed Green Salad Breadstick Seasonal Fruit	19 Teriyaki Meatballs Fried Rice Seasoned Cabbage Sugar Snap Peas Mandarin Oranges	20 Bratwurst on Bun Kraut and Apples German Potato Salad Seasonal Fruit	21 Tater Tot Casserole Green Beans Mixed Green Salad Peach Crisp Diet Dessert: Warm Peaches
25 Country Fried Steak with Country Gravy Mashed Potatoes Stewed Tomatoes Mixed Green Salad Tropical Fruit	26 Glazed Ham Sweet Potato Hash Garden Vegetable Blend Mixed Green Salad Seasonal Fruit French Silk Pudding Diet Dessert: Diet Chocolate Pudding	27 Beef Frito Pie Shredded Cheese Spanish Rice Corn O'Brien Mixed Green Salad Corn Chips Seasonal Fruit	28 Chicken Sandwich Tater Tots Green Pea Salad Pears

DRINK UP!

How to Stay Hydrated

With the summer heat rolling in, it is important to keep your body hydrated. Did you know that over half your body weight is water? Water plays a very important role in helping your body to work at its best but not drinking enough water is a very common problem for older adults. Water is the most important nutrient to help keep your body's cells, tissues, and organs running smoothly.

Your body needs a continuous supply of water. If you wait until your mouth is dry to drink water, then you may be waiting too long. That's why we should try to drink water throughout the day, even if we aren't thirsty. If you do feel thirsty, you should drink until your thirst is satisfied. Aim for drinking at least 8 glass of water a day.



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.