

# HURRICANE SENIOR CENTER

## NOVEMBER 2019



MONDAY	TUESDAY	WEDNESDAY	THURSDAY
<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>
Baked Chicken Breast with Cacciatore Sauce Penne Pasta Italian Vegetable Blend Mixed Green Salad Texas Bread Hot Spiced Pears Milk Margarine Salad Dressing	Meatballs with Sweet & Sour Sauce Fried Rice Sugar Snap Peas Mixed Green Salad Wheat Roll Mandarin Oranges Milk Margarine Salad Dressing	Smoked Turkey & Potato Soup Sliced Carrots Cornbread Seasonal Fruit Strawberry Fruited Gelatin Milk Margarine Diet - Fruited Gelatin	Roast Beef with Gravy Mashed Potatoes Brussels Sprouts Mixed Green Salad Dinner Roll Seasonal Fruit Milk Margarine Salad Dressing
<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>
<b>Closed for Veteran's Day</b>	Country Fried Steak with Gravy Mashed Potatoes Broccoli and Cauliflower Three Bean Salad Texas Bread Tropical Fruit Milk Margarine	Beef Chili with Beans Baked Potato Mixed Green Salad Cornbread Seasonal Fruit Milk Margarine Sour Cream Salad Dressing	Baked Chicken Breast with Alfredo Sauce Fettuccini Noodles Zucchini and Tomatoes Mixed Green Salad Breadstick Apple Crisp Milk Margarine Salad Dressing Diet - Hot Peaches
<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>
Chicken Chow Mein Napa Cabbage Wheat Roll Sliced Peaches Milk Margarine	Corned Beef Medley Cabbage Roasted Red Potatoes Rye Bread Applesauce Milk Margarine	Potato Crusted Pollock Rice Florentine Mixed Vegetables Cucumber Salad Seasonal Fruit Gingerbread Bread Pudding Milk Tartar Sauce Diet - Vanilla Wafers	<b>THANKSGIVING MEAL</b> Roasted Turkey Breast with Gravy Cranberry Sauce Stuffing Green Beans Mashed Potatoes Mixed Green Salad w/Dressing Wheat Roll Pumpkin Pie with Whipped Cream Milk Margarine Diet - Mixed Fruit
<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>
<i>Center Closed</i>	<i>Center Closed</i>	<i>Center Closed</i>	<b>Closed for Thanksgiving</b>

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.  
 A Salad Bar is available every day in the dining room.