

Meals are subject to change

# Semcac Senior Nutrition

# September 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>2</b></p> <p><b>Closed</b></p> 	<p><b>3</b></p> <p>Pork Steak Dressing Asparagus Cinnamon Applesauce Bar</p>	<p><b>4</b></p> <p>Seashore Tuna Casserole Mixed Green Salad Tomato Wedge Roll Mixed Fruit Cup</p>	<p><b>5</b></p> <p>Vegetable Beef Barley Soup Crackers Beef Salad Sandwich Five Cup Fruit Salad Peanut Butter Brownie</p>	<p><b>6</b></p> <p>Kielbasa <b>Alt:</b> Baked Fish Baked Potato Carrots Applesauce Cake</p>
<p><b>9</b></p> <p><b>Music by The Chets</b> Meat Loaf Mashed Potatoes/Marg Stewed Tomatoes Cookie <b>or</b> Bar Fruit Cup</p>	<p><b>10</b></p> <p>Goulash Tossed Salad P/A with Cottage Ch French Bread Oatmeal Choc Chip Bar</p>	<p><b>11</b></p> <p>BBQ Pork Loin Baked Potato Calico Beans Grapes</p>	<p><b>12</b></p> <p><b>Music by Andy Speikers</b> Hawaiian Chicken Rice Pilaf Green Beans Orange Slice Rocky Road Pudding Fruit Cup</p>	<p><b>13</b></p> <p><b>Red Hats</b> Baked Fish <b>Alt:</b> Beef Patty Oven Browned Potatoes Orange Glazed Carrots Mandarin Orng Dessert</p>
<p><b>16</b></p> <p>Hamburger on Bun Roadside Potatoes Baked Beans Fresh Fruit</p>	<p><b>17</b></p> <p>Baked Ham <b>Alt:</b> Pork Loin Baked Sweet Potato Seafoam Salad Double Pistachio Cake</p>	<p><b>18</b></p> <p>Hot Turkey Sandwich Mashed Potatoes/Gravy Buttered Beets Pumpkin Bar</p>	<p><b>19</b></p> <p>Chef Salad/Ham Strips <b>Alt:</b> Chicken Breast Roll Hawaiian Cake</p>	<p><b>20</b></p> <p>Macaroni and Cheese Fresh Relishes Fruit Salad Cookie</p>
<p><b>23</b></p> <p>BBQ Meat Balls Boiled Red Potatoes Cauliflower Rhubarb Muffin Pudding</p>	<p><b>24</b></p> <p><b>Birthday Party</b> Orange Juice Caramel Apple French Toast Bake Sausage Mixed Fruit Cup</p>	<p><b>25</b></p> <p>New England Dinner <b>Alt:</b> Beef Patty with Vegetables Tossed Green Salad Seafoam Dessert</p>	<p><b>26</b></p> <p><b>Music by Andy Speikers</b> Chicken Broccoli Bake Cranberry Bog Salad Romaine Lettuce Garnish Roll Snickerdoodle Brownies</p>	<p><b>27</b></p> <p>Rib Patty <b>Alt:</b> Baked Fish Hash Browns au Gratin Corn Fresh Oranges</p>
<p><b>30</b></p> <p>Hamburger Veg Soup Crackers Egg Salad Sandwich Pear/Grape Cup Flavored Ice Cream</p>	<p>"Eating a Meal that's Tasty and Healthy. Keeps you in Shape and Nutritionally Wealthy"</p> 		<p><b>MEAL SERVED AT 11:30 AM</b> <b>Suggested donations:</b> <b>Over 60 is \$4 or a</b> <b>5 punch ticket is \$17.50</b> <b>Under 60 is \$7</b></p> <p>Diabetic option available daily Phone: 507-332-7680</p>	

All meals include bread (if not serving dinner roll, bun or muffin), 1 tsp Marg, and 1 cup 2% Milk unless indicated

'Alternate' on Menu = Diner's Choice

'OR' on Menu = Site Staff Choice based on diner preference

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<p>"Eating a Meal that's Tasty and Healthy. Keeps you in Shape and Nutritionally Wealthy"</p>	<p><b>1</b> Roast Beef Mashed Potatoes/Gravy Broccoli/Cauliflower Banana</p>	<p><b>2</b> Chili Baked Potato Bar Peach/Cottage Cheese Cornbread Walnut Dream Bar</p>	<p><b>3</b> Sweet Pepper Steak Brown Rice Yellow Beans Tossed Salad Dinner Roll Fruit Cocktail Cake</p>	<p><b>4</b> Tuna Casserole Seasoned Peas/Celery Citrus Fruit Cup</p>
<p><b>7</b> Salisbury Steak <b>Alt:</b> Liver &amp; Onions Mashed Potatoes Brussel Sprouts Flavored Ice Cream</p>	<p><b>8</b> Baked Ham <b>Alt:</b> Beef Patty Baked Sweet Potato Green Beans/Mushroom Dinner Roll Pineapple Tidbits</p>	<p><b>9</b> Chicken Breast Baked Dumpling/Gravy Asparagus Coleslaw Mandarin Orng Dessert</p>	<p><b>Music by Andy Speikers 10</b> Hamburger Gravy over Noodles Parslied Carrots Apple Cranberry Crisp</p>	<p><b>11</b> <b>Red Hats</b> Tomato Juice Broccoli Cheese Egg Bake Sausage Fruited Muffin Fresh Fruit Cup</p>
<p><b>Music by The Chets 14</b> Swedish Meatballs Mashed Potatoes/Marg Herbed Green Beans Mixed Fruit Cup</p>	<p><b>15</b> Chicken Noodle Soup Crackers Cheese on Rye Carrot Coin Salad Choc Cherry Bar</p>	<p><b>16</b> Pork Chop Medley Rice 3-Bean Salad Beet Pickles Apple Crisp <b>Supper and Program</b></p>	<p><b>17</b> Taco Casserole Mexican Corn Cherry Crunch Dessert</p>	<p><b>18</b> Chicken Parmesan Noodles Romaine Salad Peaches Garlic Bread Cranberry Mold</p>
<p><b>21</b> Beef Stew Seafoam Salad Roll Rice Krispy Bar</p>	<p><b>22</b> BBQ on Bun Oven Brownd Potatoes Baked Beans Rhubarb Cake</p>	<p><b>23</b> Roast Beef Mashed Potatoes/Gravy Harvard Beets Fresh Fruit</p>	<p><b>Music by Andy Speikers 24</b> Baked Chicken Mashed Potatoes/Gravy Broccoli Blushing Pears</p>	<p><b>25</b> Cream of Broccoli Soup Crackers Chicken Salad on Bun Strawberry Short Cake</p>
<p><b>28</b> Swiss Steak Baked Potato Mixed Vegetables Orange/Pear Cup</p>	<p><b>Birthday Party 29</b> Taco Salad Grapes Cookie</p>	<p><b>30</b> Chicken Alfredo Lasagna Mixed Green Salad Garlic Bread Pineapple Slice Pudding</p>	<p><b>31</b> Roast Pork Mashed Potatoes/Gravy Fresh Squash Fruit Cocktail Cake</p>	<p><b>MEAL SERVED AT 11:30 AM</b> <b>Suggested donations:</b> <b>Over 60 is \$4 or a</b> <b>5 punch ticket is \$17.50</b> <b>Under 60 is \$7</b>  <b>Diabetic option available daily</b> <b>Phone: 507-332-7680</b></p>

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