




Semcac Senior Nutrition

MARCH 2020

Meals are subject to change

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2</p> <p>Chicken ala King Over Biscuit Seasoned Peas Coleslaw Banana</p>	<p>3</p> <p>Pork Steak Dressing Asparagus Cinn Applesauce Cookie or Bar</p>	<p>4</p> <p>Seashore Tuna Casserole Mixed Green Salad Tomato Wedge Roll Mixed Fruit Cup</p>	<p>5</p> <p>Music by Andy Speikers Veg Beef Barley Soup Crackers Beef Salad Sandwich Five Cup Fruit Salad Peanut Butter Brownie</p>	<p>6</p> <p>Kielbasa Alt: Baked Fish Baked Potato Carrots Applesauce Cake</p>
<p>9</p> <p>Music by The Chets Meat Loaf Mashed Potatoes/Marg Stewed Tomatoes Cookie or Bar</p>	<p>10</p> <p>Goulash Tossed Salad P/A Rings/Cottage Ch French Bread Oatmeal Choc Chip Bar</p>	<p>11</p> <p>Music by Herb Sellner BBQ Pork Loin Baked Potato Calico Beans Grapes</p>	<p>12</p> <p>Corn Beef Cabbage Red Potatoes Watergate Salad St. Patrick's Day Party</p>	<p>13</p> <p>Red Hats Baked Fish Alt: Ground Beef Patty Oven Brownd Potatoes Orange Glazed Carrots Mandarin Orange Dessert</p>
<p>16</p> <p>Hamburger on Bun With Condiments Roadside Potatoes Baked Beans/Apples Fresh Fruit</p>	<p>17</p> <p>Baked Ham  Alt: Pork Loin Baked Sweet Potato Seafoam Salad Double Pistachio Cake</p>	<p>18</p> <p>Hot Turkey Over Bread with Gravy Mashed Potatoes Buttered Beets Pumpkin Bar</p>	<p>19</p> <p>Music by Andy Speikers Chef Salad with Ham Alt: Chicken Roll Hawaiian Cake </p>	<p>20</p> <p>Macaroni and Cheese Fresh Relishes Fruit Salad Cookie</p>
<p>23</p> <p>Music by The Chets BBQ Meat Balls Boiled Red Potatoes Cauliflower Rhubarb Muffin Pudding</p>	<p>24</p> <p>Orange Juice Caramel Apple French Toast Sausage Links Mixed Fruit Cup</p>	<p>25</p> <p>Music by Herb Sellner New England Boiled Dinner Alt: Ground Beef Patty With Vegetables Tossed Green Salad Seafoam Dessert</p>	<p>26</p> <p>Chicken Broccoli Bake Cranberry Bog Salad Roll Snickerdoodle Brownies</p>	<p>27</p> <p>Rib Patty Alt: Baked Fish Hashbrown AuGratin Corn Fresh Oranges</p>
<p>30</p> <p>Hamburger Veg Soup Crackers Egg Salad Sandwich Pear/Grape Cup Flavored Ice Cream</p>	<p>31</p> <p>Roast Beef Mashed Potatoes/Gravy Broccoli/Cauliflower Banana</p>		<p>MEAL SERVED AT 11:30 AM Suggested donations: Over 60 is \$4 or a 5 punch ticket is \$17.50 Under 60 is \$7</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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APRIL 2020

Meals are subject to change

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>MEAL SERVED AT 11:30 AM Suggested donations: Over 60 is \$4 or a 5 punch ticket is \$17.50 Under 60 is \$7</p> <p>Diabetic option available daily Phone: 507-332-7680</p>		<p>1 White Chicken Chili 🥘 Crackers Peach/Cottage Cheese Cornbread Walnut Dream Bar</p>	<p>2 Music by Andy Speikers Sweet Pepper Steak Brown Rice Yellow Beans Tossed Salad Dinner Roll Fruit Cocktail Cake</p>	<p>3 Salmon or Tuna Casserole Seasoned Peas/Celery Citrus Fruit Cup</p>
<p>6 Salisbury Steak Alt: Liver & Onions Mashed Potatoes Brussel Sprouts Flavored Ice Cream</p>	<p>7 Hamburger Gravy Over Noodles Parslied Carrots Apple Cranberry Crisp</p>	<p>8 Music by Herb Sellner Chicken Breast Baked Dumpling/Gravy Asparagus Coleslaw Mandarin Orang Dessert</p>	<p>Baked Ham Alt: Ground Beef Patty Baked Sweet Potato Green Beans/Mushrooms Dinner Roll / PA Tidbits Lemon Pie Easter Party</p>	<p>10 Red Hats Tomato Juice Broccoli Cheese Egg Bake Sausage Fruited Muffin Fresh Fruit Cup</p> 
<p>13 Music by The Chets Swedish Meat Balls Mashed Potatoes/Marg Herbed Green Beans Mixed Fruit Cup</p>	<p>14 Chicken Noodle Soup Crackers Cheese on Rye Carrot Coin Salad Chocolate Cherry Bar</p>	<p>15 Pork Chip Medley Potatoes 3-Bean Salad Beet Pickles Apple Crisp</p>	<p>16 Music by Andy Speikers Enchilada Casserole Mexican Corn Cherry Crunch Dessert</p>	<p>17 Chicken Parmesan over Spaghetti Noodles Romaine Salad Peach Halves Garlic Bread Cranberry Mold Dessert</p>
<p>20 Baked Chicken Mashed Potatoes/Gravy Broccoli Blushing Pears</p>	<p>21 BBQ on Bun Oven Brownded Potatoes Baked Beans Rhubarb Cake</p>	<p>22 Music by Herb Sellner Roast Beef Mashed Potatoes/Gravy Harvard Beets Fresh Fruit 🍌</p>	<p>23 Beef Stew Seafoam Salad Roll Rice Krispie Bar</p>	<p>24 Cream of Broccoli Soup Crackers Chicken Salad on Bun Strawberry Short Cake</p>
<p>27 Music by The Chets Swiss Steak/Tomato Sc With Baked Potato Mixed Vegetables Orange/Pear Cup</p>	<p>28 Taco Salad Grapes Cookie or Bar</p>	<p>29 Chicken Alfredo Lasagna Mixed Green Salad Garlic Bread Pineapple Slices Pudding</p>	<p>30 Roast Pork Mashed Potatoes/Gravy Fresh Squash Fruit Cocktail Cake</p>	

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