

# Semcac Senior Nutrition

September 2020

Meals are subject to change

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
31 BBQ Rib Patty Baby Red Potatoes Cauliflower Moon Cake *Diab: Fruit	1 Pork Steak/ Dressing Asparagus Cinnamon Applesauce Cookie or Bar *Diab Fruit	2 Meat Lasagna Tossed Salad, Garlic Brd Orange Slices Moon Cake *Diab Banana	3 Veg Beef Barley Soup Crackers Sandwich 5 Cp Fruit Salad/Brownie *Diab: Cookie or Bar	4 Kielbasa Baked Potato/Sr Cream Carrots Fresh Banana
LABOR DAY 7  <b>C L O S E D</b>	8 Spaghetti w Meat Sauce Toss Salad/Dressing Garlic Brd, Cott. Cheese Oatmeal Choc Chip Bar *Diab Cookie	9 BBQ Pork Loin Baked Potato/Sour Cream Calico Beans Grapes	10 Hawaii Chicken/Rice Pilaf Green Beans Orange Slice Rocky Road Pudding *Diab: Fruit Cup	11 Baked Fish/Tartar Sc Potatoes & Carrots Mandarin Orange Delite *Diab: Mandarin Orange
14 Hamburger w/ Trimmings Roadside Potatoes Baked Beans w/ Apple Fresh Fruit	15 Hot Turkey Sand/Gravy Mashed Potatoes/Beets Pumpkin Bar *Diab Fruit Cup	16 New England Boil Dinner Seafoam Salad Pistachio Cake *Diab: Angel Food Cake	17 Chicken Breast Mashed Pot/Gravy Corn Hawaiian Cake *Diab: Mixed Fruit Cup	18 Veg. Lasagna Garlic Bread Salad Cookie *Diab Cookie
21 Swiss Steak/Gravy Mashed Potatoes Corn Fruit Cup	22 Chili Cottage Cheese/Peach Walnut Dream Bar *Diab: Mix Fruit Cup	23 Chicken Broccoli Bake Cranberry Salad/Muffin Snickerdoodle Brownie *Diab: Fruit Cup	24 Baked Ham/Sweet Potato Green Bean Casserole Lemon Pie *Diab: French Apple Pie	25 Rib Patty Au Gratin Potato Whole Kernel Corn Fresh Orange
28 Hamburger Veg Soup Egg Salad Sand Pear/Grape Cup Flavored Ice Cream *Diab: Vanilla Ice Cream	29 Roast Beef Mashed Potato/Gravy Broccoli/Cauliflower Banana	30 Cheese Ham Quiche Muffin Orange Juice Mixed Fruit Cup	Curbside pickup from 11:30-noon, Mon-Fri.  Advance order required: 332-7357 or 332-7680	