

Semcac Senior Nutrition

October 2020

Meals are subject to change

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		<p>Advance order required: 332-7357 or 332-7680</p> <p>Curbside pickup from 11:30-noon, Mon-Friday.</p>	<p>1</p> <p>Sweet Pepper Steak Brown Rice Yellow Beans Toss Salad Fruit Cocktail Cake</p>	<p>2</p> <p>Tuna Casserole Season Peas/Celery Muffin Cherry Crisp</p>
<p>5</p> <p>Salisbury Steak Mash Potato Brussel Sprouts Flavored Ice Cream</p>	<p>6</p> <p>Garlic Season Pork Loin Roast Potato/Grn Beans Muffin Apple Dessert</p>	<p>7</p> <p>Chick Breast/Dumpling Cole Slaw Asparagus Mandarin Orange Dessert</p>	<p>8</p> <p>Hamburger Gravy/Noodle Parsley Carrots Apple Cranberry Crisp</p>	<p>9</p> <p>Chili/Cracker/Corn Muffin Pear/Apple Slices Lemon Poppy Cake *Diab Angel Food Cake</p>
<p>12</p> <p>Swedish Meat Balls Mashed Potato/Gravy Herbed Green Beans Mix Fruit Cup</p>	<p>13</p> <p>Chick Noodle Soup Egg Salad Sand Carrot Coin Salad Choc. Cherry Bar</p>	<p>14</p> <p>Beef Goulash/3 Bean Sld Beet Pickles Garlic Bread Fresh Apple</p>	<p>15</p> <p>Taco Casserole Corn Corn Bread Cherry Crunch Dessert</p>	<p>16</p> <p>Chicken Parm/Noodles Romaine Sld/Garl Bread Peach Half Cranberry Mold</p>
<p>19</p> <p>Baked Chicken Mash Potato/Gravy Broccoli Blushing Pears</p>	<p>20</p> <p>Beef Stew/Muffin Seafoam Salad Rice Krispie Bar</p>	<p>21</p> <p>Cream Broccoli Soup Chicken Salad/Cracker Strawberry Short Cake</p>	<p>22</p> <p>BBQ on Bun Baked Beans Oven Brownd Potato Apple Crisp</p>	<p>23</p> <p>Roast Beef Mash Potato/Gravy Harvard Beets Fresh Fruit</p>
<p>26</p> <p>Swiss Steak/Tomato Sce Baked Potato Mixed Vegetables Orange/Pear Cup</p>	<p>27</p> <p>Taco Salad w Cheese Tostado Chips Grapes Cookie/Bar</p>	<p>28</p> <p>Chicken Alfredo Lasagna Mix Salad/Garlic Bread Pineapple Slice Pudding</p>	<p>29</p> <p>Roast Pork Mashed Potato/Gravy Fresh Squash Fruit Cocktail Cake</p>	<p>30</p> <p>Hamburger Stew Muffin Peaches Gingerbread Cake</p>