

# Semcac Senior Nutrition

**JANUARY 2021**

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><b>WELCOME TO THE NEW YEAR</b></p>	<p><b>C L O S E D</b></p>
<p><b>4</b></p> <p>Salisbury Steak Mash Potato Brussel Sprouts Flavored Ice Cream</p>	<p><b>5</b></p> <p>Garlic Season Pork Loin Roast Potato/Grn Beans Muffin Baked Apple</p>	<p><b>6</b></p> <p>Chick Breast/Dumpling Cole Slaw Asparagus Mandarin Orange Dessert</p>	<p><b>7</b></p> <p>Hamburger Gravy over Mashed Potatoes Parsley Carrots Apple Cranberry Crisp</p>	<p><b>8</b></p> <p>Chili/Cracker Corn Muffin Pineapple Slices Lemon Poppy Seed Cake</p>
<p><b>11</b></p> <p>Swedish Meat Balls Mashed Potato/Gravy Herbed Green Beans Mix Fruit Cup</p>	<p><b>12</b></p> <p>Chicken Noodle Soup Crackers Egg Salad Sand Carrot Coin Salad Choc. Cherry Bar</p>	<p><b>13</b></p> <p>Beef Goulash 3 Bean Sld Beet Pickles Garlic Bread Fresh Apple</p>	<p><b>14</b></p> <p>Taco Casserole Mexican Corn Tomato Wedge Corn Bread Cherry Crunch Dessert</p>	<p><b>15</b></p> <p>Chicken Parm/Noodles Romaine Salad Garlic Bread Peach Halves Cranberry Mold</p>
<p><b>18</b></p> <p>Baked Chicken Mash Potato/Gravy Broccoli Blushing Pears</p>	<p><b>19</b></p> <p>Beef Stew Muffin Seafoam Salad Rice Krispie Bar</p>	<p><b>20</b></p> <p>Cream Broccoli Soup Chicken Salad/Crackers Peach Half Strawberry Short Cake</p>	<p><b>21</b></p> <p>BBQ on Bun Baked Beans Oven Browned Potato Apple Crisp</p>	<p><b>22</b></p> <p>Roast Beef Mash Potato/Gravy Harvard Beets Fresh Fruit</p>
<p><b>25</b></p> <p>Swiss Steak/Tomato Sce Baked Potato Mix Veg Orange/Pear Cup</p>	<p><b>26</b></p> <p>Taco Salad w Cheese Tostado Chips Grapes Cookie/Bar</p>	<p><b>27</b></p> <p>Chicken Alfredo Lasagna Mix Salad/Garlic Bread Pineapple Slice Pudding</p>	<p><b>28</b></p> <p>Roast Pork Mashed Potato/Gravy Fresh Squash Fruit Cocktail Cake</p>	<p><b>29</b></p> <p>Hamburger Stew Muffin Peaches Gingerbread Cake</p>