


# Semcac Senior Nutrition

APRIL 2021

Meals are subject to change

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Advance order required: 332-7357 or 332-7680  Curbside pickup from 11:30-noon, Mon-Friday		<b>APRIL FOOLS' DAY 1</b> Sweet Pepper Steak Brown Rice Yellow Beans Toss Salad Fruit Cocktail Cake	<b>GOOD FRIDAY 2</b> Tuna Casserole Seasoned Peas & Celery Muffin w/Marg. Cherry Pie
<b>5</b> Salisbury Steak Mashed Potatoes Brussel Sprouts Flavored Ice Cream	<b>6</b> Garlic Season Pork Loin Oven Roasted Potatoes Grn. Beans/Mushrooms Muffin w/Marg Baked Apple	<b>7</b> Chicken Breast Baked Dumpling/Gravy Cole Slaw Asparagus Mandarin Orange Dessert	<b>8</b> Hamburger Gravy Over Mashed Potatoes Parslied Carrots Apple Cranberry Crisp/w Whipped Topping	<b>9</b> Chili /w Crackers Corn Muffin Pineapple Slices Lemon Poppysed Cake
<b>12</b> Swedish Meat Balls Mashed Potatoes/Gravy Herbed Green Beans Mixed Fruit Cup	<b>13</b> Chicken Noodle Soup Crackers Egg Salad Sand Carrot Coin Salad Choc. Cherry Bar	<b>14</b> Beef Goulash 3 Bean Salad Beet Pickles Garlic Bread Fresh Apple	<b>15</b> Taco Casserole Mex. Corn Tomato Wedge Corn Bread /w Marg. Cherry Crunch Dessert /w Whipped Topping	<b>16</b> Chicken Parmesan over Noodles Garlic Bread Romaine Salad Peach Halves Cranberry Mold
<b>19</b> Baked Chicken Mashed Potatoes/Gravy Broccoli Blushing Pears	<b>20</b> Beef Stew Muffin Seafoam Salad Rice Krispie Bar	<b>21</b> Cream Broccoli Soup Chicken Salad/Crackers Strwbry Shortcake /wTpg	<b>22</b> BBQ on Bun Baked Beans Oven Brownd Potatoes Apple Crisp /w Topping	<b>23</b> Roast Beef Mashed Potatoes/Gravy Harvard Beets Fresh Fruit
<b>26</b> Swiss Steak/TomatoSce Baked Potato Mixed Veg Orange/Pear Cup	<b>27</b> Taco Salad w/Meat Cheese,Lettuce,Tomato Tostado Chips Grapes Cookie/Bar	<b>28</b> Chicken Alfredo Lasagna Mix Salad Garlic Bread Pineapple Slice Pudding	<b>29</b> Roast Pork Mashed Potatoes/Gravy Fresh Squash Fruit Cocktail Cake	<b>30</b> Hamburger Stew Muffin /w Marg. Spiced Peaches Gingerbrd Cake /wTpg