


Semcac Senior Nutrition

MAY 2021

Meals are subject to change

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Chili Con Carne Pineapple Slices Corn Muffin/Marg Flavored Ice Cream	4 Chicken Pot Pie Tossed Salad/Fixings Fruit Muffin w/Marg Starburst Cake	5 BBQ Meatballs Boiled Baby Red Potatoes Cauliflower Pudding	6 Hot Hamwich Marinated Green Beans Grapes Apple Pie	7 Beef Pot Roast w/Veg Waldorf Gelatin Salad Fresh Orange
10 Ham Scalloped Potatoes Dilled Carrots Green Salad Fruit Cup	11 Rosemary Pork Roast Mashed Potato/Gravy Spinach/Vinegar Fresh Banana	12 MN Hot Dish Coleslaw Muffin w/Marg. Lemon Bar	13 Creamy Chicken Parm. Rice Pilaf Asparagus 7 Layer Salad Cookie or Bar	14 Porcupine Meatballs Mashed Potatoes Corn/Pimento Cherry Crisp w/Topping
17 Beef and Rice w/Cabbage Hotdish Mixed Fruit Cup Pudding	18 Baked Turkey Mashed Potatoes/Gravy Green Bean Pumpkin Crisp	19 Seashore Tuna Casserole Grn Sld w/Tomato Wedge Muffin Moon Cake	20 Enchilada Casserole Carrots Pear Half w/Cranberry Sc Coconut Custard Square	21 Vegetable Soup Ham Salad on Bun Macaroni Fruit Salad Oatmeal Cookie
24 Ham Balls Baked Potato w/Sr Crm Succotash Yogurt Fruit Cup	25 Ham & Bean Soup Egg Salad on Bun Cinn. Applsauce Gelatin Lemon Poppy Seed Ck	26 Tater Tot Casserole Mixed Fruit Cup Tossed Salad Bar	27 Tomato Juice Broccoli & Cheese Egg Bake with Sausage Side Fruited Muffin/Marg Fresh Fruit Cup	28 Salisbury Steak Baked Potatoes/Sr Crm Peas & Onions Cookie Second Meal available
31 MEMORIAL DAY CLOSED 	Attention: Second serving of the May 28 meal is available for Memorial Day weekend. Please order on May 24th or May 25th for a weekend meal			Advance order required: 332-7357 or 332-7680 Curbside pickup from 11:30-noon, Mon-Friday