




# Semcac Senior Nutrition

## DECEMBER 2021

Meals are subject to change

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Dining room serves at 11:30 AM Curbside pickup from 11:45-noon Monday-Friday	1 Seashore Tuna Casserole Mixed Green Salad Tomato Wedge Mixed Fruit Cup	2 Hawaiian Chicken Rice Pilaf Green Beans Orange Slices Rocky Road Pudding	3 Kielbasa Baked Potato w/ Sour Crm Asparagus Mandarin Orange Dessert
6 Chicken ala King Over Biscuit Seasoned Peas Coleslaw Fresh Banana	7 Meatballs Baked Potato Yellow Beans Fruit Cocktail Cake	8 BBQ Pork Loin Baked Potato w/ Sour Crm Calico Beans Grapes	9 Veg Beef Barley Soup Crackers Tuna Salad Sandwich Five Cup Fruit Salad Peanut Butter Brownie	10 Baked Fish w/Tartar Sauce Oven Brownded Potatoes Carrots Applesauce Cake Red Hats
13 Hamburger on Bun w/ Pickle, Tomato, Onion Roadside Potatoes Baked Beans w/Apples Fresh Fruit Music by Accordions on 5th	14 Baked Ham Mashed Potatoes with Gravy Fruit Salad Ice Cream with cookie Christmas Dinner	15 Hot Turkey Over Bread with Gravy Mashed Potatoes Buttered Beets Pumpkin Bar	16 Macaroni and Cheese Fresh Relishes Fruit Salad Cookie	17 Chef Salad/Ham Strips Cheese, Egg, Croutons Tomato/Cuke/Dressing Hawaiian Cake
20 BBQ Meat Balls Boiled Red Potatoes Cauliflower Fruited Muffin Pudding	21 Tater Tot Casserole Carrot Raisin Salad Beet Pickles Bar	22 Baked Fish w/Tartar Sce Roadside Potatoes Whole Kernel Corn Fresh Orange	23 Chicken Broccoli Bake Cranberry Bog Salad Romaine Lettuce Side Snickerdoodle Brownies	24 <b>C L O S E D</b> 
27 <b>C L O S E D</b> 	28 Hamburger/Veg Soup Crackers Egg Salad Sandwich Pear Cup Flavored Ice Cream	29 Chili w/Crackers Peach Half/Cott.Cheese Cornbread Walnut Dream Bar	30 Pork Steak Dressing Carrots Cinn Applesauce Cookie	31 <b>C L O S E D</b> 

24 Hour Advance Order Required: Call 332-7357 Monday – Friday 9 AM – 4 PM