


Semcac Senior Nutrition

JANUARY 2022

Meals are subject to change

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Salisbury Steak Mashed Potato Brussel Sprouts Flavored Ice Cream	4 Baked Ham Baked Sweet Potato Grn Beans/Mushrooms Pineapple Tidbits	5 Chicken Breast Baked Dumpling/Gravy Cole Slaw Corn Mandarin Orange Dessert	6 Hamburger Gravy over Mashed Potatoes Parsley Carrots Apple Cranberry Crisp	7 Tuna Casserole Seasoned Peas & Celery Citrus Fruit Cup Cookie
10 Swedish Meat Balls Mashed Potatoes Herbed Green Beans Mix Fruit Cup <i>Music by Accordions on 5th</i>	11 Chicken Veg Soup Crackers Egg Salad Sandwich Carrot Coin Salad Chocolate Cherry Bar	12 Roast Turkey Mashed Potatoes/Gravy Peas & Carrots Apple Crisp w/Topping	13 Enchilada Casserole Lettuce & Sour Cream Mexican Corn Cherry Crunch Dessert w/Topping	14 Chicken Parmesan Baked Potato w/Sr Crm Broccoli Biscuit Cranberry Mold <i>Red Hats</i>
17 <u>Rev. Dr. MLK Day</u> Baked Chicken Mashed Potato/Gravy Broccoli Blushing Pears	18 Roast Beef Mashed Potato/Gravy Corn w/Pimento Cherry Crisp w/Topping	19 Tater Tot Hotdish Tossed Salad Biscuit Pickle Spear Mixed Fruit Cup	20 Beef Stew Seafoam Salad Rice Krispie Bar	21 Cream Of Broccoli Soup Crackers Chicken Salad on Bun Fruit Cup Cookie
24 Swiss Steak/Tomato Sce Baked Potato Mixed Veg Medley Pudding	25 Taco Salad w Cheese Tostado Chips Grapes Cookie/Bar	26 Chicken Alfredo Lasagna Mixed Green Salad Garlic Bread Pineapple Slice Pear Cup	27 BBQ on Bun Baked Beans Oven Browned Potato Cake	28 Hamburger Stew Spiced Peaches Gingerbread Cake w/Topping
31 Chili Con Carne/Cheese Pear Half Corn Muffin/Marg Flavored Ice Cream			<i>Dining room serves at 11:30 AM Curbside pickup from 11:45-noon Monday-Friday</i>	

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