

# Semcac Senior Nutrition

SEPTEMBER 2022

Meals are subject to change

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><i>PLEASE - - -</i></p> <p><b>MAKE MEAL RESERVATIONS OR CANCELLATIONS 24 HOURS IN ADVANCE THANKS!!</b></p>		<p>Dining room serves at 11:30 AM</p> <p>Curbside pickup from 11:45-noon</p> <p>Monday-Friday</p>	<p>1</p> <p>Porcupine Meatballs Mashed Potatoes Corn Spring Dessert</p> 	<p>2</p> <p>BBQ Pull Pork on Bun Cheesy Hashbrowns Dilled Carrots Flavored Ice Cream</p>
<p>5</p> <p><b>C L O S E D</b></p>  <p><b>LABOR DAY</b></p>	<p>6</p> <p>Pork Steak/Dressing Broccoli/Cauliflower Cinnamon Applesauce Cookie or Bar</p>	<p>7</p> <p>Kielbasa /Sauerkraut Baked Potato/Sr Cream Carrots Fresh Banana</p>	<p>8</p> <p>Veg Beef Barley Soup Crackers Beef or Egg Salad Sand. Five Cup Fruit Salad Peanut Butter Brownie</p>	<p>9</p> <p>Meat Lasagna Tossed Salad Garlic Bread Orange Slices Moon Cake</p>  <p>September</p>
<p>12</p> <p>Meat Loaf Mashed Potatoes Stewed Tomatoes Cookie or Bar</p> <p>Music by Accordions on 5th</p>	<p>13</p> <p>Spaghetti w/Meat Sauce Toss Salad/Dressing Garlic Bread Cot.Cheese/Pineapple Oatmeal Choc Chip Bar</p>	<p>14</p> <p>New England Boil Dinner Vegetables Seafoam Salad Double Pistachio Cake</p>	<p>15</p> <p>Hawaiian Chicken Rice Pilaf Green Beans Orange Slice Rocky Road Pudding</p>	<p>16</p> <p>Baked Fish/Tartar Sce Oven Brownded Potatoes Orange Glazed Carrots Mandarin Orange Delite</p>
<p>19</p> <p>Hamburger w/ Trimmings on Fresh Bun Roadside Potatoes Baked Beans w/ Apples Fresh Fruit</p>	<p>20</p> <p>Hot Turkey with Gravy Mashed Potatoes Buttered Beets Pumpkin Bar</p>	<p>21</p> <p>BBQ Pork Loin Baked Potato/Sour Cream Calico Beans Fresh Apple</p> 	<p>22</p> <p><b>Chef Salad:</b> Lettuce - Tomato/Cuke Boiled Egg Ham Strips/Cheese Strips Dressing/Muffin Hawaiian Cake</p>	<p>23</p> <p>Vegetable Lasagna Toss Salad w/Dressing Kidney Bean Salad Hard Boiled Egg Cookie</p>
<p>26</p> <p>Swiss Steak/Gravy Mashed Potatoes Corn Pineapple/Pear/Peach Cup</p>	<p>27</p> <p>Chicken Chili/Crackers Corn Bread Cottage Cheese Peach Half Walnut Dream Bar</p>	<p>28</p> <p>Baked Ham Baked Sweet Potato Green Bean Casserole Lemon Pie</p>	<p>29</p> <p>Chicken Broccoli Bake Cranberry Bog Salad Romaine Lettuce Snickerdoodle Brownie</p>	<p>30</p> <p>Baked Fish/Tartar Sauce Hash Brown Au Gratin Potatoes Whole Kernel Corn Fresh Orange</p>

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