


Semcac Senior Nutrition

October 2022

Meals are subject to change

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>3</p> <p>Hamburger Veg Soup w/Crackers Egg Salad Sand Pear/Grape Cup Flavored Ice Cream</p>	<p>4</p> <p>Roast Beef Mashed Potatoes with Gravy Buttered Beets Banana</p>	<p>5</p> <p>Carmel Apple French Toast Sausage Orange Juice Muffin Mixed Fruit Cup</p>	<p>6</p> <p>Sweet Pepper Steak Brown Rice Yellow Beans Tossed Salad w/Dressing Fruit Cocktail Cake</p>	<p>7</p> <p>Tuna Casserole Season Peas & Celery Cherry Pie</p>
<p>10</p> <p>Liver and Onions Mash Potato/Brussl Sprts Flavored Ice Cream Music by Accordions on 5th</p>	<p>11</p> <p>Garlic Season Pork Loin Oven Roasted Potatoes Green Beans/Mushrms Baked Apple</p>	<p>12</p> <p>Chicken Breast Dumpling/Gravy Cole Slaw/Broccoli Mandarin Orange Dessert</p>	<p>13</p> <p>Hamburger Gravy over Mashed Potatoes Parslied Carrots Apple Cranberry Crisp</p>	<p>14</p> <p>Chili with Crackers Corn Muffin Pineapple Rings Lemon Poppy Cake</p>
<p>17</p> <p>Swedish Meat Balls Mashed Potatoes Herbed Green Beans Mix Fruit Cup</p>	<p>18</p> <p>Chicken Noodle Soup w/Crackers Egg Salad on Bun Carrot Coin Salad Choc. Cherry Bar</p>	<p>19</p> <p>Beef Goulash 3 Bean Salad Beet Pickles Fresh Apple</p>	<p>20</p> <p>Taco Casserole Mexican Style Corn Corn Bread Fresh Tomato Wedge Cherry Crunch Dessert</p>	<p>21</p> <p>Chicken Parmesan over Noodles Romaine Salad Peach Halves Cranberry Mold</p>
<p>24</p> <p>Baked Chicken Mashed Potatoes/Gravy Broccoli Blushing Pears</p>	<p>25</p> <p>Beef Stew SeaFoam Salad Rice Krispie Bar</p>	<p>26</p> <p>Cream of Broccoli Soup Chicken Salad on Bun Waldorf Gelatin Salad Strawberry Short Cake</p>	<p>27</p> <p>BBQ on Bun Baked Beans Oven Brownd Potatoes Apple Crisp/Topping</p>	<p>28</p> <p>Roast Beef Mashed Potato/Gravy Harvard Beets Fresh Fruit</p>
<p>31</p> <p>Swiss Steak/Tomato Sce Baked Potato Mix Vegetables Orange/Pear Cup</p> <p>HAPPY HALLOWEEN</p>	 <p>A black banner with the word 'OCTOBER' in yellow, above a smiling jack-o'-lantern with green leaves and a vine.</p>		<p>Dining room serves at 11:30 AM Curbside pickup from 11:45-noon Monday-Friday</p>	<p>PLEASE - - - MAKE MEAL RESERVATIONS OR CANCELLATIONS 24 HOURS IN ADVANCE THANKS!!</p>

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