

Semcac Senior Nutrition

NOVEMBER 2022

Meals are subject to change

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 Taco Salad w Cheese Tostado Chips Mexican Black Beans Bar	2 Chicken Alfredo Lasagna Mixed Green Salad Garlic Bread Pineapple Slice Pudding	3 Roast Pork Mashed Potatoes/Gravy Fresh Squash Fruit Cocktail Cake	4 Hamburger Stew Spiced Peaches Gingerbread Cake w/Topping
7 Chili Con Carne Pineapple Slices Corn Muffin/Marg Pudding	8 Chicken Pot Pie Tossed Salad/Fixings Starburst Cake	9 BBQ Meatballs Boiled Baby Red Potatoes Cauliflower Flavored Ice Cream	10 Hot Hamwich Marinated Green Beans Potato Salad Apple Crisp	11 VETERANS' DAY CLOSED No Meals on Wheels, Curbside or Dining Room meal served today
14 Chicken Teriyaki /over Rice Pilaf Carrots Fruit Cup <i>Music by Accordions on 5th</i>	15 Porcupine Meatballs Mashed Potatoes Corn/Pimento Cherry Crisp w/Topping	16 Baked Chicken Stuffing Green Beans Pumpkin Dessert	17 Meat Lasagna Tossed Salad Garlic Bread Lemon Bar	18 Rosemary Pork Roast Mashed Potato/Gravy Spinach Fresh Banana
21 Ham Scalloped Potatoes Dilled Carrots Green Salad Pudding	22 Creamy Chicken Parm. Rice Pilaf Fresh Squash 7 Layer Salad Bar	23 Seashore Tuna Casserole Grn Sld w/Tomato Wedge Muffin Moon Cake	24 CLOSED FOR THANKSGIVING	25 CLOSED FOR THANKSGIVING
28 Ham Balls Baked Potato w/Sr Crm Succotash Yogurt Fruit Cup	29 Ham & Bean Soup Tuna Salad on Bun Cinn. Applsauce Gelatin Lemon Poppy Seed Ck	30 Tater Tot Casserole Tossed Salad Pickle Spear Bar	<i>PLEASE - - -</i> MAKE MEAL RESERVATIONS OR CANCELLATIONS 24 HOURS IN ADVANCE THANKS!!	Dining room serves at 11:30 AM Curbside pickup from 11:45-noon Monday-Friday

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