

# Semcac Senior Nutrition

**MAY 2023**

Meals are subject to change

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Swiss Steak with Tomato Sauce Baked Potato Mix Vegetables Orange/Pear Cup	2 Meat Taco Salad w/Cheese & Diced Tomatoes Tostado Chips Mexican Black Beans Cookie/Bar	3 Chicken Alfredo Lasagna Mixed Green Salad Garlic Bread Pineapple Slice Pudding	4 Roast Pork Mashed Potatoes/Gravy Fresh Squash Fruit Cocktail Cake	5 Hamburger Stew Spiced Peaches Gingerbread Cake w/Topping
8 Chili Con Carne Pineapple Slices Corn Muffin/Marg Flavored Ice Cream <i>Music by Accordions on 5th</i>	9 Chicken Pot Pie Tossed Salad/Fixings Starburst Cake	10 BBQ Meatballs Boiled Baby Red Potatoes Cauliflower Pudding	11 Hot Hamwich Marinated Green Beans Potato Salad Apple Crisp	12 Beef Pot Roast-sliced Mashed Potatoes/Gravy Corn Waldorf Gelatin Salad Fresh Orange
15 Chicken Teriyaki/ over Rice Pilaf Carrots Pudding	16 Porcupine Meatballs Mashed Potatoes Broccoli Cherry Crisp w/Topping	17 Meat Lasagna Tossed Salad Garlic Bread Lemon Bar	18 Turkey Mashed Potato Green Bean Casserole Pumpkin Pie	19 Rosemary Pork Roast Mashed Potato/Gravy Spinach/Vinegar Fresh Banana
22 Ham Scalloped Potatoes Beet Pickles Dilled Carrots Fruit Cup	23 Creamy Chicken Parm. Boiled Red Potato Fresh Squash Cookie or Bar	24 Seashore Tuna Casserole Muffin W/Margarine Moon Cake	25 Beef Enchilada Cassrle Green Salad Pear Half/Crnberry Sauce Coconut Custard Square	26 Chicken Vegetable Soup Egg Salad on Bun Crackers Macaroni Fruit Salad Oatmeal Cake
29 <b>MEMORIAL DAY CLOSED NO MEALS</b>	30 Ham & Bean Soup Tuna Salad on Bun Cinn. Applsauce Gelatin Lemon Poppy Seed Ck	31 Tater Tot Casserole Tossed Salad Pickle Spear Bar or Cookie	<i>PLEASE - - - <b>MAKE MEAL RESERVATIONS OR CANCELLATIONS 24 HOURS IN ADVANCE THANKS!!</b></i>	<i>Dining room serves at 11:30 AM Curbside pickup from 11:45-noon Monday-Friday</i>

Supplier Inventory and Supply Chain difficulties continue to make a few changes to our menu likely.  
**24 Hour Advance Order Required: Call 332-7357 Monday – Friday 9 AM – 4 PM**