


# Semcac Senior Nutrition

Meals are subject to change

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<p>Dining room serves at 11:30 AM Curbside pickup from 11:45-noon Monday-Friday</p>	<p>PLEASE - - - <b>MAKE MEAL RESERVATIONS OR CANCELLATIONS 24 HOURS IN ADVANCE THANKS!!</b></p>		<p>1 Brat on Bun w/Srkr/Oni Potato Salad Sliced Dill Pickle Kidney/Garbanzo Bn Sld Watermelon Slice</p>
	<p>4 5 Chicken Teriyaki /over Rice Pilaf Carrots Fruit Cup Pudding</p>	<p>6 Meat Lasagna Tossed Salad Fresh Orange Wedges Garlic Bread Moon Cake</p>	<p>7 Cream of Broccoli Soup Crackers Chicken Salad on Bun Waldorf Gelatin Salad Strawb Short Cake/Tpg</p>	<p>8 Baked Fish/Tartar Scalloped Corn Carrots Fresh Banana</p>
<p>11 Meat Loaf Mashed Potatoes/Marg Stewed Tomatoes Fresh Apple Music by Accordians on Fifth</p>	<p>12 Spaghetti w/Meat Sauce Tossed Salad w/Dress Pineapple Rings Garlic Bread Oatmeal Choc Chip Bar</p>	<p>13 New England Boiled Din Seafoam Salad Double Pistachio Cake</p>	<p>14 Hawaiian Chicken Rice Pilaf Green Beans  Fresh Orange Wedges Cookie or Bar</p>	<p>15 Tomato Barley Soup Egg Salad w/lettuce bed Peaches w/Cottage Ch Butterscotch Apple Cake</p>
<p>18 Hamburger on Bun Pickle/Onion/Tomato Ketchup and Mustard Roadside Potatoes Baked Beans w/Apples Fruit Cup</p>	<p>19 BBQ Pork Loin Baked Potato/Sr Cream Broccoli Yogurt Fruit Cup</p>	<p>20 Hot Turkey over Bread w/Gravy Mashed Potatoes Buttered Beets Pumpkin Bar</p>	<p>21 Chef Salad: Lettuce/Tomato/Cukes Boiled Egg/Ham/Cheese Muffin Hawaiian Cake</p>	<p>22 Baked Fish/Tartar Oven Browned Potatoes Orange Glazed Carrots Lemon Cake</p>
<p>25 Swiss Steak w/Gravy Mashed Potatoes/Gravy Corn w/Pimento Pineapple/Pear/Peach Cup</p>	<p>26 White Chicken Chili w/Cheese/Crackers Fresh Carrot/Celery Stix Peaches Walnut Dream Bar</p>	<p>27 Chicken Breast Baked Sweet Potato Green Bean Casserole Lemon Chiffon Pie</p>	<p>28 Tater Tot Casserole Tossed Salad Pickle Spear Bar or Cookie</p>	<p>29 Tuna Casserole Seasoned Peas &amp; Celery Fruit Cup Cherry Crisp</p>

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