

# Semcac Senior Nutrition

DECEMBER 2023

Meals are subject to change

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>For more information or to make a reservation call 507-332-7357</b></p>		<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 Salisbury Steak Boiled Potato Mixed Vegetables Fruit Cup</p>
<p>4 Chicken Teriyaki Over/Rice Pilaf Carrots Fruit Cup Pudding</p> 	<p>5 Pork Steak Mashed Potatoes /Gravy Broccoli/Cauliflower Cookie or Bar</p>	<p>6 Meat Lasagna Tossed Salad Garlic Bread Orange Slices Moon Cake</p>	<p>7 Crm Broc Soup Crackers Chicken Salad on/Bun Waldorf Salad Strawberry Shortcake</p>	<p>8 Kielbasa /Sauerkraut Scalloped Corn Carrots Fresh Banana</p>
<p>11 Meat Loaf Mashed Potatoes/Marg Stewed Tomatoes Fresh Apple <i>Music by Accordions on Fifth</i></p>	<p>12 Spaghetti w/Meat Sauce Tossed Salad/Dressing Garlic Bread Pineapple Ring Oatmeal Choc Chip Bar</p>	<p>13 Baked Ham Baked Potato/ Sour Cream Carrots Double Pistachio Cake</p>	<p>14 Hawaiian Chicken Rice Pilaf Green Beans Orange Wedges Cookie or Bar</p>	<p>15 Tomato Barley Soup Tuna Salad on a Bun Peach w/Cottage Cheese Butterscotch Apple Cake</p>
<p>18 Hamburger on Bun Pickle/Onion/Tomato Ketchup/Mustard Roadside Potatoes Baked Beans w/ Apples Fresh Fruit</p>	<p>19 <b>Chef Salad:</b> Lettuce/Boiled Egg/Toma Cuke/Cheese Strips Ham Strip Muffin Hawaiian Cake</p>	<p>20 Hot Turkey Over/Bread w/Gravy Mashed Potatoes Buttered Beets Pumpkin Bar</p>	<p>21 BBQ Pork Loin Baked Potato W/Sour Cream Broccoli Yogurt Fruit Cup</p>	<p>22 Baked Fish/Tart Sauce Oven Browned Potatoes Orange Glazed Carrots Lemon Cake</p>
<p>25 <b>CLOSED XMAS HOLIDAY</b></p> 	<p>26 <b>CLOSED XMAS HOLIDAY</b></p> 	<p>27 Tater Tot Casserole Tossed Salad Pickle Spear Bar of Cookie</p> 	<p>28 Chicken Breast Baked Sweet Potato Green Bean Lemon Chiffon Pie</p>	<p>29 Swiss Steak Mashed Potatoes Corn w/Pimento Pineapple/Pear Cup</p>

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

**Supplier Inventory and Supply Chain difficulties continue to make a few changes to our menu likely.**