









Meals are subject to change

Semcac Senior Nutrition

FEBRUARY 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
For more information or to make a reservation call 507-332-7357	Dining room serves at 11:30 AM Curbside pickup from 11:45-noon Monday-Friday	PLEASE - - - MAKE MEAL RESERVATIONS OR CANCELLATIONS 24 HOURS IN ADVANCE THANKS!!	1 Roast Pork Mashed Potatoes/Gravy Fresh Squash Fruit Cocktail Cake	2 Hamburger Stew Spiced Peaches Mild Gingerbread Cake with Whipped Topping
5 Chili Con Carne Pineapple Slices Corn Muffin/Margarine Flavored Ice Cream Orange/Pear Cup 	6 Chicken Pot Pie Tossed Salad w/Fixings Beet Pickles Starburst Cake 	7 BBQ Meatballs Boiled Red Potatoes Cauliflower Pudding 	8 Hot Hamwich on Bun Potato Salad Marinated Green Beans Fresh Oranges	9 Beef Pot Roast with/Vegetables Waldorf Gelatin Salad Apple Crisp
12 Hamburger Veg. Soup Crackers Egg Salad Sand or Tuna Pear Cup Flavored Ice Cream 	13 Porcupine Meatballs Mashed Potatoes Corn/Pimento Cherry crisp w/Topping	14 Seashore Tuna Casserole Mixed Green Salad Tomato Wedge Muffin w/Margarine Moon Cake 	15 Rosemary Pork Roast Mashed Potatoes/Gravy Spinach/vinegar Fresh Banana	16 Fish Taco Roasted Potatoes Brussel Sprouts Chocolate Chip Cake
Hamburger Gravy Over Mashed Potatoes Dilled Carrots Green Salad Fruit Cup 	20 Creamy Chicken Parm Rice Pilaf Fresh Squash 7 Layer Salad Bar 	21 Meat Lasagna Tossed Salad Garlic Bread Lemon Bar	22 Baked Turkey Mashed Potatoes Green Beans Casserole Pumpkin Bar	23 Vegetable Soup Crackers Egg Salad on Bun Macaroni Fruit Salad Oatmeal Cake 
26 Ham Balls Baked Potato/Sour Crm Succotash Yogurt Fruit Cup 	27 Ham & Bean Soup Tuna Salad on Bun Cin. Apple Gelatin Coconut Custard Bar	28 Chicken Broccoli Bake Cranberry Bog Salad Romaine Lettuce Garnish Snickerdoodle Brownies	29 Beef Sandwich Oven Baked Potato Green Beans w/Mushrms Ice Box Dessert 	 Semcac <i>People Are Our Business</i>

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.