

# Semcac Senior Nutrition

**JULY 2024**

Meals are subject to change

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Chef Salad Mixed Greens Ham Strips,Hd Ckd Egg, VG-Tom Wedge, Carrot/Cel Stix, Croutons Muffin Cantaloupe Cup	2 Brats/Onion & Saurkraut Sliced Dill pickle Oven Browned Potatoes Baked Beans & Apples Ice Cream	3 Chicken Parmesan Mashed Potatoes Broccoli Starburst Cake	4 <b>Closed</b>	5 <b>Closed</b>
8 Meatballs w/Gravy Mashed Potatoes Spiced Peaches Bar or Cookie <i>Music by Accordions on Fifth</i>	9 Crab Salad Melon Wedge Applesauce Raisin Bar	10 Hamwich Cuke Salad/Sr Crem Dres Fresh Fruit Chocolate Cherry Bar	11 Hamburger w/Fixings on a Bun Potato Salad Creamy Coleslaw Flavored Ice Cream	12 Spaghetti w/Meat Sauce Garlic Bread Green Salad w/Dressing Pear Half w/Cottage Ch Melon Cup
15 BBQ on Bun Hash Browns Au Gratin Calico Beans Fresh Orange	16 Ham and Cheese Pasta On/Lettuce Melon Wedge Crumb Cake	17 Kielbasa w/Sauerkraut Baked Potato Green Beans Melon Cup	18 Tuna Salad on Bun Macaroni Fruit Salad Coleslaw Cookie or Bar	19 Tator Tot Casserole 7-Layer Salad Pineapple Rings Coconut Custard Pie Sq
22 Taco Salad w/Tostito Chips/Fixings Mexican Black Beans Fruit Cup	23 Chicken Salad Sandwch Fruited Coleslaw Green Beans/Pea Salad Cookie or Bar	24 Ham Balls Pars Boiled Red Potatoes Cauliflower Fruit Cup	25 Rosemary Roast Pork Mashed Potatoes/Gravy Peas and Carrots Strawberry Phoo Phoo	26 Brats/Onion/Sauerkraut Potato Salad Kidney/Garb Bean Sld Watermelon Slice
29 Chili w/Crackers Corn Muffin/Marg Cottage Ch w/Pear Half Pudding	30 Smother Chicken Mashed Potatoes California Blend Veg Bar or Cookie	31 Tuna Salad Sandwich Potato Salad Carrot Raisin Salad Brownie	<b>PLEASE - - - MAKE MEAL RESERVATIONS OR CANCELLATIONS 24 HOURS IN ADVANCE THANKS!!</b>	<b>Dining room serves at 11:30 AM Curbside pickup from 11:45-noon Monday-Friday</b>

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**