

Meals are subject to change

## Semcac Senior Nutrition

**FEBRUARY 2025**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>3</b> Chili Con Carne Pineapple Slices Corn Muffin/Marg Flavored Ice Cream	<b>4</b> Chicken Pot Pie Tossed Salad/Fixings Fruited Muffin w/Marg Starburst Cake	<b>5</b> BBQ Meatballs Boiled Red Potatoes Cauliflower Pudding	<b>6</b> Hot Hamwich Potato Salad Marinated Green Beans Apple Crisp	<b>7</b> Vegetable Lasagna Tossed Salad w/Dressing 5-Cup Fruit Salad Garlic Bread Cookie
<b>10</b> Tator Tot Casserole Tossed Salad Pickle Spear Mixed Fruit Cup  Music by Accordions of Fifth	<b>11</b> Rosemary Pork Roast Cinnamon Applesauce Mashed Potatoes/Gravy Spinach/Vinegar Fresh Banana	<b>12</b> Vegetable Soup Crackers BBQ on Bun Carrot Coin Salad Chocolate Cherry Bar	<b>13</b> Creamy Chicken Parmesan Rice Pilaf Asparagus 7 Layer Salad Cookie/Bar	<b>VALENTINE'S DAY 14</b> Porcupine Meatballs Mashed Potatoes Corn/Pimento Cherry Crisp w/Topping
<b>PRESIDENT'S DAY 17</b> Beef Rice Cabbage Hotdish Mixed Fruit Cup Pudding	<b>18</b> Pulled Pork on Bun Oven Brownd Potatoes Baked Beans Apple Crisp w/Whpd Tpg	<b>19</b> Baked Turkey Mashed Potatoes/Gravy Green Bean Casserole Pumpkin Crisp	<b>20</b> Enchilada Casserole Carrots Pear Half/Cranberry Sauce Coconut Custard Pie Sq.	<b>21</b> Ham & Bean Soup Cheese on Rye Cinnamon Applesauce Gel Lemon Poppy Seed Cake
<b>24</b> Ham Balls Baked Potato/Sour Cream Succotash Yogurt Fruit Cup	<b>25</b> Chicken Broccoli Bake Cranberry Bog Salad Romaine Lettuce Garnish Snickerdoodle Brownies	<b>26</b> MN Hotdish Coleslaw Muffin w/Marg Lemon Bar	<b>27</b> Tomato Juice Broccoli Cheese Egg Bake Sausage Fruited Muffin w/Marg Fresh Fruit Cup	<b>28</b> Beef Pot Roast w/Veg Waldorf Gelatin Salad Fresh Oranges
<b>In inclement weather: Please visit <a href="http://www.semcac.org">www.semcac.org</a> Or visit our FB page Or call 507-864-8231</b>	<b>Dining Room Serves at 11:30 a.m. Drive up Curbside pick-up From 11:45 a.m. – Noon Monday - Friday</b>			

**Supplier Inventory and Supply Chain difficulties continue to make a few changes to our menu likely.  
24 HOUR ADVANCE ORDER OR CANCELLATIONS REQUIRED; Call 507.332.7357 Thank you!!**