

Meals are subject to change

Semcac Senior Nutrition

MARCH 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>3</p> <p>Chicken Ala King Over Biscuit Seasoned Peas Coleslaw Mixed Fruit Cup</p>	<p>4</p> <p>Pork Steak Dressing Asparagus Cinnamon Applesauce Cookie or Bar</p>	<p>5</p> <p>Tomato Barley Soup Crackers Cheese on Rye Cottage Cheese Pear Slices Peanut Butter Brownie</p>	<p>6</p> <p>Meat Lasagna Tossed Salad Orange Slices Garlic Bread Moon Cake</p>	<p>7</p> <p>Kielbasa Baked Potato w/Sr Cream Carrots Fresh Banana</p>
<p>10</p> <p>Music by Accordion of Fifth Meat Loaf Mashed Potatoes w/Marg Stewed Tomatoes Fruit Cup</p>	<p>11</p> <p>Spaghetti w/Meat Sauce Tossed Salad w/Dressing P/A Rings Garlic Bread Cookie or Bar</p>	<p>12</p> <p>Roast Beef Sandwich Boiled Potatoes Broccoli/Cauliflower Oatmeal Choc Chip Bar</p>	<p>13</p> <p>Hawaiian Chicken Rice Pilaf Green Beans Orange Slice Pudding</p>	<p>14</p> <p>Baked Fish w/Tartar Sauce Oven Browned Potatoes Parslied Carrots Mandarin Orange Dessert</p>
<p>17</p> <p>New England Boiled Dinner Seafoam Salad Double Pistachio Cake</p> <p>Happy St. Patrick's Day</p>	<p>18</p> <p>Music by Hammers & Reeds Hamburger on a Bun Pickle/onion/tomato/ketch up/Mustard Roadside Potatoes Baked Beans w/Apples Fresh Fruit</p>	<p>19</p> <p>Hot Turkey over Bread w/Gravy Mashed Potatoes Buttered Beets Pumpkin Bar</p>	<p>20</p> <p>Chef Salad: Lettuce Tomato/Cuke/Boiled Egg Ham Strips/Cheese Hawaiian Cake</p>	<p>21</p> <p>Seashore Tuna Casserole Mixed Green Salad Tomato Wedge Muffin w/Marg Moon Cake</p>
<p>24</p> <p>Swiss Steak w/Gravy Mashed Potatoes w/Gravy Corn Pineapple/Pear/Peach cup</p>	<p>25</p> <p>Chicken Chili w/S Cheese Crackers Peaches w/Cottage Ch Cornbread Walnut Dream Bar</p>	<p>26</p> <p>Sweet Pepper Steak Brown Rice Yellow Beans Tossed Salad w/Dressing Fruit Cocktail Cake</p>	<p>27</p> <p>BBQ Pork Loin Baked Potato w/Sr Cream Calico Beans Rocky Road Pudding</p>	<p>28</p> <p>Salisbury Steak Hashbrown Augratin Pot Whole Kernel Corn Fresh Oranges</p>
<p>31</p> <p>Vegetable Soup Crackers Chicken Salad Sandwich Pear Cup Flavored Ice Cream</p>			<p>Dining Room Serves at 11:30 a.m. Drive-up Curbside pick-up From 11:45 a.m. – Noon Monday - Friday</p>	<p>In inclement weather: Please visit www.semcac.org Or visit our FB page Or call 507-864-8231</p>

**Supplier Inventory and Supply Chain difficulties continue to make a few changes to our menu likely.
24 HOUR ADVANCE ORDER OR CANCELLATIONS REQUIRED; Call 507332-7357 Thank you!!**