


Meals are subject to change

Semcac Senior Nutrition

JULY 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
In inclement weather: Please visit www.semcac.org or visit our FB page or call 507-864-8231	1 Chicken Pasta Salad Chow Mein Noodles Garn Marinated Green Beans Peach Halves Muffin w/marg Coconut Custart Sq	2 Porcupine Meatballs Mashed potatoes Corn Spring dessert 11:00 Single Bingo Game	3 Ham & Cheese sandwich Potato Salad Carrot Raisin Salad Ice Box Dessert	INDEPENDENCE DAY 4 HOLIDAY CLOSED 
7 BBQ on a bun Hashbrowns Au Gratin Calico Beans Melon Cup	8 Sweet & Sour Pork White Rice Tossed Salad w/dressing Pea-pickle-cheese salad Fresh Banana	9 Hamburger w/fixings on bun Oven Brownd potatoes Creamy coleslaw Strawberry shortcake 11:00 Single Bingo Game	10 Baked Ham Baked potato w/ sr cream Baked beans Rocky road pudding	11 Spaghetti w/turkey/meat sc Green salad Pear Slices French Bread Brownie
14 Tator tot casserole 7-layer salad Pineapple rings Coconut custard pie square	Monthly Birthday Gathering 15 Smothered chicken Mashed potatoes California blend veg Cake and ice cream 11:15 Entertainment by Connie Wolfe	16 Beef sandwich Cheesy hash browns Beets Pudding 11:00 Single Bingo Game	17 Tuna salad on a bun Vegetable pasta salad Fruit cup Cookie or bar	18 BBQ pulled pork on bun Potato salad Carrot coin salad Flavored ice cream
21 Turkey taco salad w/ tostato chips & fixings Mexican black beans Vanilla pudding	22 Chili w/ crackers Corn muffin w/ marg Cottage cheese w/ peach half Starburst cake	23 Ham balls Parslied boiled red potatoes Broccoli Fresh orange 11:00 Single Bingo Game	24 Chicken salad sandwich Fruited coleslaw Green bean & pea salad Cookie or bar	25 Pork chow mein over rice Tossed salad Fruit salad Chocolate yum yum
28 Chix & cheese pasta Mixed greens Melon wedge Crumb cake	29 Goulash Fruit cup Pickle Oatmeal choc chip bar	30 Crab salad Melon wedge Muffin w/ marg Applesauce raisin bar 11:00 Single Bingo Game	31 Rosemary roasted pork Mashed potatoes w/ gravy Stewed tomatoes Hawaiian cake	Dining Room Services at 11:30 a.m. Drive-up Curbside pick-up from 11:45 a.m. – Noon Monday - Friday

Supplier Inventory and Supply Chain difficulties continue to make a few changes to our menu likely. **24 HOUR ADVANCE**

NOTICE ORDER OR CANCELLATIONS REQUIRED: Call (507) 332-7357 (Press 4 to reach Danielle Cross)

