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| Meals are subject to change | Semcac Senior Nutrition  | **SEPTEMBER 2025** |
| **MONDAY** | **TUESDAY** | **WEDNESDAY** | **THURSDAY** | **FRIDAY** |
| **1****HOLIDAY – LABOR DAY****CLOSED** | **2**Chicken Ala KingOver BiscuitSeasoned PeasColeslawCookie Bar | **3**Pork LoinDressing w/GravyAsparagusMixed Fruit CupPeanut Butter Brownie**11:10 Two Game Bingo** | **4**Meat LasagnaTossed SaladOrange WedgesGarlic BreadCinnamon Applesauce | **5**KielbasaBaked Potato/Sr CreamCarrotsFresh Apple |
| **8**Meat LoafMashed Potatoes w/MargStewed TomatoesFruit Cup | **9**Hawaiian ChickenRice PilafGreen BeansOrange WedgesPudding | **10**Roast Beef on a BunBoiled PotatoesBroccoli/CauliflowerOatmeal Choc Chip Bar**11:10 Two Game Bingo** | **11**Spaghetti & Meat SauceTossed Salad w/DressingP/A Rings w/Cottage ChGarlic BreadMandarin Orange Dessert | **12**Baked Fish/Tartar ScOven Browned PotatoesParslied CarrotsBanana Bar |
| **15**Chef Salad: LettuceTomato/Cuke, Boiled Egg-1/2, CheeseChicken CroutonsPeanut Butter Brownie  |  **16**Baked Hamw/boiled potato/cab/carrot/onionSeafoam SaladCake and Ice Cream(For Dine-in)**Monthly Birthday Celebration** |  **17**Hot Turkey over Bread w/GravyMashed PotatoesButtered BeetsPumpkin Bar**11:10 Two Game Bingo** | **18**Cheeseburger on a BunPickle/onion/tomato/ketchupRoadside PotatoesBaked Beans w/ApplesFresh Fruit**National Cheeseburger Day** | **19****DINING ROOM CLOSED,****OTHER SERVICES AS NORMAL**Seashore Tuna CasseroleMixed Green SaladTomato WedgeMuffin w/MargButterscotch Pudding**National Butterscotch Pudding Day** |
| **22**Swiss Steak w/GravyMashed Potatoes w/GravyCornPineapple/Pear/Peach Cup | **23**Chicken Chili w/Sh CheseCrackersPeach Half/Cottage ChCornbreadWalnut Dream Bar | **24**Sweet Pepper SteakBrown RiceYellow BeansTossed Salad w/DressingFruit Cocktail Cake**11:10 Two Game Bingo** | **25**BBQ Pork LoinBaked Potato w/Sr CreamCalico BeansRocky Road Pudding  | **26**Salisbury SteakHashbrown AuGratin PotWhole Kernel CornFresh Orange |
| **29**Chicken BreastBaked Dumpling w/GravyAsparagusColeslawMandarin Orange Dessert | **30**Roast BeefMashed Potatoes w/GravyBroccoli/CauliflowerBanana | C:\Users\danielle.yonts\AppData\Local\Microsoft\Windows\INetCache\Content.MSO\2E065A02.tmp | **Dining Room Serves at****11:30 a.m.****Drive-up Curbside** **Pick-up from** **11:45 a.m. – Noon****Monday - Friday** | **In inclement weather:****Please visit** [**www.semcac.org**](http://www.semcac.org)**Or visit our FB page****Or call 507-864-8231** |

 **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, Ask for Danielle Cross