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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 King  Over Biscuit  Seasoned Peas  Coleslaw  Cookie Bar | | | **3**  Pork Loin  Dressing w/Gravy  Asparagus  Mixed Fruit Cup  Peanut Butter Brownie  **11:10 Two Game Bingo** | **4**  Meat Lasagna  Tossed Salad  Orange Wedges  Garlic Bread  Cinnamon Applesauce | | **5**  Kielbasa  Baked Potato/Sr Cream  Carrots  Fresh Apple | |
| **8**  Meat Loaf  Mashed Potatoes w/Marg  Stewed Tomatoes  Fruit Cup | **9**  Hawaiian Chicken  Rice Pilaf  Green Beans  Orange Wedges  Pudding | | | **10**  Roast Beef on a Bun  Boiled Potatoes  Broccoli/Cauliflower  Oatmeal Choc Chip Bar  **11:10 Two Game Bingo** | **11**  Spaghetti & Meat Sauce  Tossed Salad w/Dressing  P/A Rings w/Cottage Ch  Garlic Bread  Mandarin Orange Dessert | | **12**  Baked Fish/Tartar Sc  Oven Browned Potatoes  Parslied Carrots  Banana Bar | |
| **15**  Chef Salad: Lettuce  Tomato/Cuke,  Boiled Egg-1/2, Cheese  Chicken  Croutons  Peanut Butter Brownie | **16**  Baked Ham  w/boiled potato/cab/carrot/onion  Seafoam Salad  Cake and Ice Cream  (For Dine-in)  **Monthly Birthday Celebration** | | | **17**  Hot Turkey over Bread w/Gravy  Mashed Potatoes  Buttered Beets  Pumpkin Bar  **11:10 Two Game Bingo** | **18**  Cheeseburger on a Bun  Pickle/onion/tomato/ketchup  Roadside Potatoes  Baked Beans w/Apples  Fresh Fruit  **National Cheeseburger Day** | | **19**  **DINING ROOM CLOSED,**  **OTHER SERVICES AS NORMAL**  Seashore Tuna Casserole  Mixed Green Salad  Tomato Wedge  Muffin w/Marg  Butterscotch Pudding  **National Butterscotch Pudding Day** | |
| **22**  Swiss Steak w/Gravy  Mashed Potatoes w/Gravy  Corn  Pineapple/Pear/Peach Cup | **23**  Chicken Chili w/Sh Chese  Crackers  Peach Half/Cottage Ch  Cornbread  Walnut Dream Bar | | | **24**  Sweet Pepper Steak  Brown Rice  Yellow Beans  Tossed Salad w/Dressing  Fruit Cocktail Cake  **11:10 Two Game Bingo** | **25**  BBQ Pork Loin  Baked Potato w/Sr Cream  Calico Beans  Rocky Road Pudding | | **26**  Salisbury Steak  Hashbrown AuGratin Pot  Whole Kernel Corn  Fresh Orange | |
| **29**  Chicken Breast  Baked Dumpling w/Gravy  Asparagus  Coleslaw  Mandarin Orange Dessert | **30**  Roast Beef  Mashed Potatoes w/Gravy  Broccoli/Cauliflower  Banana | | | 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