

Meals are subject to change

Semcac Senior Nutrition

OCTOBER 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>In inclement weather: Please visit www.semcac.org Or visit our FB page Or call 507-864-8231</p>		<p>1 Cheese & Ham Strata Muffin w/Marg Yogurt Fruit Cup Pumpkin Cake National Pumpkin Spice Day 11:10 Two Game Bingo</p>	<p>2 Hamburger Veg Soup Crackers Egg Salad sandwich Pear/Mandarin Cup Flavored Ice Cream</p>	<p>3 Tuna Casserole Seasoned Peas & Celery Muffin w/Marg Cherry Crisp</p>
<p>6 Hamburger Gravy Over Mashed Potatoes Parslied Carrots Apple Cranberry Crisp w/Whipped Topping</p>	<p>7 Taco Casserole Mexican Corn Corn Bread w/Marg Cherry Crunch Dessert w/Whipped Topping</p>	<p>8 Baked Ham Baked Sweet Potato Green Bean Casserole Lemon Chiffon Pie 11:10 Two Game Bingo</p>	<p>9 Garlic Seasoned Pork Loin Oven Roasted Potatoes Green Beans/Mushrooms Muffin w/Marg Baked Apple</p>	<p>10 Vegetable Soup Crackers Egg Salad on a Bun Macaroni Fruit Salad Angel Food Cake National Angel Food Cake Day</p>
<p>13 Swedish Meatballs/Gravy Mashed Potatoes Herbed Green Beans Mixed Fruit Cup</p>	<p>14 Liver & Onions Mashed Potatoes Brussel Sprouts Flavored Ice Cream</p>	<p>15 Creamed Chicken Over Biscuit Diced Carrots 7-Layer Salad Gingerbread Cake 11:10 Two Game Bingo</p>	<p>16 Breakfast Wrap Sausages Fruit Cup Chocolate Chip Muffin</p>	<p>17 Goulash 3-Bean Salad Pickle Spear Garlic Bread Fresh Banana National Pasta Day</p>
<p>20 Chicken Breast Mashed Potatoes w/Gravy Broccoli Fresh Fruit</p>	<p>21 Monthly Birthday Celebration Roast Beef Mashed Potatoes w/Gravy Harvard Beets Cake and Ice cream (For Dine-in) Entertainment-Accordion on Fifth</p>	<p>22 Cream of Broccoli Soup Crackers Chicken Salad Strawberry Short Cake w/Topping 11:10 Two Game Bingo</p>	<p>23 BBQ on a Bun Oven Brownd Potatoes Baked Beans Apple Crisp w/Whpd Topg</p>	<p>24 Beef Stew Seafoam Salad Corn Bread w/Marg Rice Krispie Bar</p>
<p>27 Swiss Steak in Tomato Sc Baked Potato Mixed Vegetables Orange/Pear Cup</p>	<p>28 Taco Salad: Taco Meat Sr cr/French Drsg/Salsa Salad Mix, Shred Cheese Dced Tomatoes, Tost Chp Creamy Corn Casserole Chocolate Cake National Chocolate Day</p>	<p>29 Chicken Alfredo Lasagna Mixed Green Salad Garlic Bread Pineapple Slices Oatmeal Cake National Oatmeal Day 11:10 Two Game Bingo</p>	<p>30 Roast Pork Mashed Potatoes w/Gravy Fresh Squash Fruit Cocktail Cake</p>	<p>31 Hamburger Stew Spiced Peaches Muffin w/Marg Mild Gingerbread Cake W/Whipped Topping</p>

Meal: \$5.00 suggested donation

24 HOUR ADVANCE NOTICE ORDER OR CANCELLATIONS REQUIRED:

Call (507) 332-7357, Ask for Danielle Cross or Kitchen at (507) 332-7680