

Meals are subject to change

Semcac Senior Nutrition

NOVEMBER 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
In inclement weather: Please visit www.semcac.org or visit our FB page or call (507) 864-8231	Dining Room Serves at 11:30 a.m. Drive-up Curbside pick-up From 11:45 a.m. – Noon Monday - Friday			
3 Chili Crackers Pineapple slices Corn muffin w/marg Pudding	4 Chicken Pot Pie Salad w/ Dressing Fruit Cup Starburst cake	5 BBQ Meatballs Boiled red potatoes Cauliflower Flavored ice cream 11:10 Two Game Bingo	6 Hot Hamwich on a bun Potato salad Marinated green beans Orange cake	7 Vegetable Lasagna Salad w/dressing 5-cup fruit salad Garlic bread Cookie
10 SENIOR CENTER OPEN SMECAC CLOSED	11 VETERAN'S DAY SENIOR CENTER AND SEMECAC CLOSED	12 Tator tot casserole Tossed salad Mixed fruit cup Fresh banana 11:10 Two Game Bingo	13 Creamy chicken parmesan Rice pilaf Asparagus 7 layer salad Cookie/bar	14 Porcupine meatballs Mashed potatoes Corn/pimento Cherry crisp with topping
17 Beef rice cabbage hotdish Tossed salad Mixed fruit cup Pudding	18 Monthly Birthday Party BBQ on a bun Oven browned potatoes Baked beans Cake and Ice Cream (For Dine-in)	19 Baked turkey Mashed potatoes/Gravy Bread dressing Green bean casserole Pumpkin crisp 11:10 Two Game Bingo	20 Enchilada casserole Carrots Pear half/cranberry sauce Chocolate peanut butter bar National Peanut Butter Fudge Day	21 Ham & bean soup Crackers Egg salad on a bun Cinnamon applesauce gelatin Lemon poppy seed cake
24 Ham balls Baked potato w/ sr cream Succotash Yogurt fruit cup	25 Chicken broccoli bake Cranberry bog salad Romaine lettuce garnish Snickerdoodle brownies	26 Goulash Coleslaw Fruit Cup Chocolate Cake National Cake Day 11:10 Two Game Bingo	27 Happy Thanksgiving SENIOR CENTER AND SEMECAC CLOSED	28 SENIOR CENTER AND SEMECAC CLOSED

Meal: \$5.00 Suggested donation

24 HOUR ADVANCE NOTICE ORDER OR CANCELLION REQUIRED

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