

Meals are subject to change

Semcac Senior Nutrition

FEBRUARY 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Groundhog Day Tater Tot Casserole Tossed Salad Mixed Fruit Cup Fresh Banana National Tater Tot Day	2 Chicken Pot Pie Tossed Salad/Fixings Fruited Muffin w/Marg Carrot Cake National Carrot Cake Day	3 BBQ Meatballs Boiled Red Potatoes Cauliflower Flavored Ice Cream (11:15 a.m. – 2 Games Bingo)	4 Hot Hamwich on 3" Bun Potato Salad Marinated Green Beans Orange Cake	5 Lasagna Salad w/ Dressing 5-Cup Fruit Salad Garlic Bread Cookie
9 Chicken Broccoli Bake Cranberry Bog Salad Romaine Lettuce Garnish Snickerdoodle Brownies	10 Rosemary Pork Roast Mashed Potatoes/Gravy Spinach/Vinegar Cinnamon Applesauce	11 Hamburger Vegetable Soup Crackers Egg Salad on 3" Bun Carrot Coin Salad Chocolate Cherry Bar (11:15 a.m. – 2 Games Bingo)	12 Creamy Chicken Parmesan Rice Pilaf Asparagus 7 Layer Salad Cookie/Bar	13 Porcupine Meatballs Mashed Potatoes Corn/Pimento Cherry Crisp with Topping
16 SEMCAC CLOSED SENIOR CENTER OPEN	17 Mardi Gras (themed) Monthly Birthday Celebration BBQ on Bun Oven Browned Potatoes Baked Beans Cake and Ice Cream (For Dine-in)	18 Baked Turkey Mashed Potatoes Green Bean Casserole Pumpkin Crisp (11:15 a.m. – 2 Games Bingo)	19 Taco Casserole Carrots Pear Half/Cranberry Sauce Coconut Custard Pie	20 Ham & Bean Soup Crackers Egg Salad on Bun Cinnamon Applesauce Gelatin Lemon Poppy Seed Muffin National Muffin Day
23 Ham Balls Baked Potato/Sr Cream Succotash Banana Bread Cake National Banana Bread Day	24 Broccoli Cheese Egg Bake Sausage Fruit Cup/Fruited Muffin Oatmeal Bar	25 Goulash Corn Pineapple Slices Lemon Bar (11:15 a.m. – 2 Games Bingo)	26 Chili Con Carne w/ Crackers Pineapple Slices Corn Muffin/Marg Pudding National Chili Day	27 Beef Pot Roast Potatoes/Carrots Waldorf Gelatin Salad Fresh Orange
In inclement weather: Please visit www.semcac.org Or visit our Facebook 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			

In Inclement weather: Please visit www.semcac.org or visit our Facebook page or call (507) 864-8231

Meal: \$5.00 Suggested Donation - **24 HOUR ADVANCE NOTICE OR CANCELLATION REQUIRED**

Call (507) 332-7357, Ask for Danielle Cross or Kitchen at (507) 332-7680 for Dining Room or Curbside. For Meals on Wheels call Sarah Kuball at (507) 412-7807