

Meals are subject to change

# Semcac Senior Nutrition

**MARCH 2026**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>2</b></p> <p>Chicken ala King Over Biscuit Seasoned Peas Coleslaw Cookie or Bar</p>	<p><b>3</b></p> <p>Pork Loin Dressing W/Gravy Asparagus Mixed Fruit Cup Peanut Butter Brownie</p>	<p><b>4</b></p> <p>Tomato Bisque Soup Crackers Egg Salad Sandwich Five Cup Fruit Salad Moon Cake (11:15 a.m. 2 Games Bingo)</p>	<p><b>5</b></p> <p>Meat Lasagna Tossed Salad Orange Wedges Garlic Bread Cinnamon Applesauce</p>	<p><b>6</b></p> <p>Baked Fish/Tartar Sc Baked Potato/Sr Cream Carrots Fresh Apple</p>
<p><b>9</b></p> <p>Meat Loaf Mashed Potatoes/Marg Stewed Tomatoes Fruit Cup</p>	<p><b>10</b></p> <p>Hawaiian Chicken Rice Pilaf Green Beans Orange Wedges Pudding</p>	<p><b>11</b></p> <p>Roast Beef on Bun Boiled Potatoes Broccoli/Cauliflower Oatmeal Choc Chip Bar (11:15 a.m. 2 Games Bingo)</p>	<p><b>12</b></p> <p>Spaghetti &amp; Meat Sc Tossed Salad/Dressing P/A Rings w/Cottage Ch Garlic Bread Cookie or Bar</p>	<p><b>13</b></p> <p>Baked Fish/Tartar Sc Oven Browned Potatoes Parslied Carrots Mandarin Orange Dessert</p>
<p><b>16</b></p> <p>Hamburger on Bun Pickles/Onion/Tomato/Ketchup Roadside Potatoes Baked Beans w/Apples Fresh Fruit</p>	<p><b>HAPPY ST. PATRICK'S DAY 17</b></p> <p>Baked Ham w/Boiled Potatoes/Cab/Carrot/Onion Seafoam Salad Double Pistachio Cake and Ice Cream (Dine-in only) <b>Monthly Birthday Celebration</b></p>	<p><b>18</b></p> <p>Hot Turkey Over bread with Gravy Mashed Potatoes Buttered Beets Pumpkin Bar (11:15 a.m. 2 Games Bingo)</p>	<p><b>19</b></p> <p>Chef Salad: Lettuce, Tomato, Cucumber, Boiled Egg, Chicken, Cheese, and Croutons Peanut Butter Brownie</p>	<p><b>20</b></p> <p>Seashore Tuna Casserole Mixed Green Salad Tomato Wedge Muffin w/Marg Moon Cake</p>
<p><b>23</b></p> <p>Swiss Steak w/Gravy Mashed Potatoes/Gravy Corn Pineapple/Pear Peach Cup</p>	<p><b>24</b></p> <p>Chicken Chili w/Sh Cheese Crackers Peach Half/Cottage Cheese Cornbread Walnut Dream Bar</p>	<p><b>25</b></p> <p>Sweet Pepper Steak Brown Rice Yellow Beans Tossed Salad/Dressing Fruit Cocktail Cake (11:15 a.m. 2 Games Bingo)</p>	<p><b>26</b></p> <p>BBQ Pork Loin Baked Potato/Sr Cream Calico Beans Rocky Road Pudding</p>	<p><b>27</b></p> <p>Baked Fish/Tartar Sc Hashbrown AuGratin Potatoes Whole Kernal Corn Fresh Orange</p>
<p><b>30</b></p> <p>Chicken Breast Baked Dumpling/Gravy Asparagus Coleslaw Mandarin Orange Dessert</p>	<p><b>31</b></p> <p>Roast Beef Mashed Potatoes/Gravy Broccoli/Cauliflower Banana</p>		<p><b>Dining Room Serves at 11:30 a.m.</b></p> <p><b>Drive-up Curbside pick-up From 11:45 a.m. – Noon Monday - Friday</b></p>	<p><b>In inclement weather: Please visit <a href="http://www.semcac.org">www.semcac.org</a> or visit our Facebook page or call 507-864-8231</b></p>

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**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