



Meals are subject to change

Semcac Senior Nutrition

MAY 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<p>Dining Room serves at 11:30 a.m.</p> <p>Drive-up Curbside pick-up from 11:45 a.m. – Noon Monday - Friday</p>			<p>1</p> <p>Hamburger Stew Spiced Peaches Muffin w/Marg Mild Gingerbread Cake with Whipped topping</p>
<p>4</p> <p>Chili Con Carne Crackers Pineapple Slices Corn Muffin/Marg Pudding</p>	<p>5</p> <p>BBQ Meatballs Boiled Red Potatoes Cauliflower Flavored Ice Cream</p>	<p>6</p> <p>Chicken Pot Pie Tossed Salad/Fixings Fruited Muffin w/Marg Starburst Cake</p> <p>(11:15 a.m. 2 Games Bingo)</p>	<p>7</p> <p>Hot Hamwich on Bun Potato Salad Marinated Green Beans Orange Cake</p>	<p>8</p> <p>Meat Lasagna Salad w/Dressing 5-Cup Fruit Salad Garlic Bread Cookie</p>
<p>11</p> <p>Porcupine Meatballs Mashed Potatoes Corn/Pimento Cherry Crisp with Topping</p>	<p>12</p> <p>Rosemary Pork Roast Mashed Potatoes/Gravy Spinach/Vinegar Cinnamon Applesauce</p>	<p>13</p> <p>Creamy Chicken Parmesan Rice Pilaf Asparagus 7 Layer Salad Mixed Fruit Cup</p> <p>National Fruit Cup Day (11:15 a.m. 2 Games Bingo)</p>	<p>14</p> <p>Hamburger Vegetable Soup Crackers Egg Salad on Bun Molded Fruit Salad Chocolate Cherry Bar</p>	<p>15</p> <p>Tator Tot Casserole Tossed Salad Fresh Banana Bar</p>
<p>18</p> <p>BBQ on Bun Oven Browned Potatoes Baked Beans Dutch Apple Cake</p>	<p>19</p> <p>Monthly Birthday Celebration Enchilada Casserole Carrots Pear Half/Cranberry Sauce Cake and Ice Cream (Dine-in only)</p> <p>National Devil's Food Cake Day</p>	<p>20</p> <p>Baked Turkey Mashed Potatoes Bread Dressing Green Bean Casserole Pumpkin Crisp</p> <p>(11:15 a.m. 2 Games Bingo)</p>	<p>21</p> <p>Hamburger on Bun Cheesy Hashbrowns Peas Lemon Poppy Seed Cake</p> <p>National Hamburger Day</p>	<p>22</p> <p>Ham & Bean Soup Crackers Egg Salad on Bun Cinnamon Applesauce Gelatin Vanilla Pudding</p> <p>National Vanilla Pudding Day</p>
<p>25</p> <p>Memorial Day SENIOR CENTER AND SEMCAC CLOSED</p>	<p>26</p> <p>Ham Balls Baked Potato w/Sr Cream Succotash Yogurt Fruit Cup</p>	<p>27</p> <p>Chicken Broccoli Bake Cranberry Bog Salad Romaine Lettuce Garnish Snickerdoodle Brownies</p> <p>(11:15 a.m. 2 Games Bingo)</p>	<p>28</p> <p>Goulash Pineapple Rings Coleslaw Lemon Bar</p>	<p>29</p> <p>Beef Pot Roast Potatoes/Carrots Waldorf Gelatin Salad Fresh Orange</p>

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