

Meals are subject to change

## Semcac Senior Nutrition

**JUNE 2026**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p style="text-align: right;"><b>1</b></p> <p>Rosemary Roasted Pork Mashed Potatoes/Gravy Stewed Tomatoes Hawaiian Cake</p>	<p style="text-align: right;"><b>2</b></p> <p>Chicken Salad Sandwich Fruited Coleslaw Green Bean &amp; Pea Salad Cookie Bar</p>	<p style="text-align: right;"><b>3</b></p> <p>Spaghetti w/Meat Sauce Green Salad / Dressing Pineapple Slices Garlic Bread Brownie</p> <p style="text-align: center;">(11:15 a.m. 2 Games Bingo)</p>	<p style="text-align: right;"><b>4</b></p> <p>Chef Salad Mixed Greens Ham Strips Hard Boiled Egg Croutons / Tomato Wedge Muffin/Marg Cantaloupe Cup Cookie</p>	<p style="text-align: right;"><b>5</b></p> <p>BBQ on Bun Hashbrowns Au Gratin Baked Beans Melon Cup</p>
<p style="text-align: right;"><b>8</b></p> <p>Chix &amp; Cheese Pasta Mixed Greens Melon Wedge Crumb Cake</p>	<p style="text-align: right;"><b>9</b></p> <p>Hamburger With Fixings on Bun Potato Salad Creamy Italian Coleslaw Flavored Ice Cream</p>	<p style="text-align: right;"><b>10</b></p> <p>Porcupine Meatballs Mashed Potatoes Corn Spring Dessert</p> <p style="text-align: center;">(11:15 a.m. 2 Games Bingo)</p>	<p style="text-align: right;"><b>11</b></p> <p>Tator Tot Casserole 7-Layer Salad Pineapple Rings Peanut Butter Cookie Bar</p> <p style="text-align: center;">National Peanut Butter Cookie Day</p>	<p style="text-align: right;"><b>12</b></p> <p>Kielbasa Sauerkraut Baked Potato/ Sour Cream Green Beans Fruited Gelatin</p>
<p style="text-align: right;"><b>15</b></p> <p>Goulash Fruit Cup Pickle Oatmeal Choc Chip Bar</p>	<p style="text-align: right;"><b>16</b></p> <p>Monthly Birthday Celebration Meatballs w/Gravy Mashed Potatoes 5- Way Mixed Vegetable Spiced Peaches Cake &amp; Ice Cream (Dine-in only)</p>	<p style="text-align: right;"><b>17</b></p> <p>Chicken Chow Mein Over Rice Tossed Salad /Dressing Fruit Salad Chocolate Yum Yum</p> <p style="text-align: center;">(11:15 a.m. 2 Games Bingo)</p>	<p style="text-align: right;"><b>18</b></p> <p>Hamburger With Fixings on Bun Potato Salad Orange Wedges Flavored Ice Cream</p>	<p style="text-align: right;"><b>19</b></p> <p style="text-align: center;"><b>Juneteenth Holiday SEMCAC CLOSED</b></p> <p style="text-align: center;"><b>SENIOR CENTER OPEN</b></p>
<p style="text-align: right;"><b>22</b></p> <p>Fish Parslied Boiled Red Potatoes Cauliflower Fresh Orange</p>	<p style="text-align: right;"><b>23</b></p> <p>Beef Enchilada Casserole 7 – Layer Salad Peaches Moon Cake</p>	<p style="text-align: right;"><b>24</b></p> <p>Chicken Parmesan Mashed Potatoes Broccoli Starburst Cake</p> <p style="text-align: center;">(11:15 a.m. 2 Games Bingo)</p>	<p style="text-align: right;"><b>25</b></p> <p>Taco Salad Corn Relish Strawberry Shortcake</p>	<p style="text-align: right;"><b>26</b></p> <p>Tuna Salad on Bun Potato Salad Carrot Raisin Salad Chocolate Pudding</p> <p style="text-align: center;">National Chocolate Pudding Day</p>
<p style="text-align: right;"><b>29</b></p> <p>BBQ Pulled Pork on Bun Cheesy Hashbrowns Dilled Carrots Fresh Fruit in Season</p>	<p style="text-align: right;"><b>30</b></p> <p>Hamburger Stroganoff Over Noodles California Blend Veg Spiced Peaches Cookie</p>	<p style="text-align: center;"></p>		

**In Inclement weather: Please visit [www.semcac.org](http://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