

Meals are subject to change

## Semcac Senior Nutrition

**AUGUST 2026**

| MONDAY                                                                                                                     | TUESDAY                                                                                                                                                               | WEDNESDAY                                                                                                                                    | THURSDAY                                                                                                                                                                     | FRIDAY                                                                                             |
|----------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------|
| <b>3</b><br>BBQ Pulled Pork on Bun<br>Cheesy Hashbrowns<br>Dilled Carrots<br>Watermelon<br><br>National Watermelon Day     | <b>4</b><br>Hamburger Stroganoff<br>over noodles<br>California Blend Veg<br>Spiced Peaches<br>Chocolate Chip Cookie<br><br>National Chocolate Chip<br>Cookie Day      | <b>5</b><br>Roast Beef<br>Mashed potatoes w/Gravy<br>Green Beans w/Mushrooms<br>Icebox Dessert<br><br>(11:15 a.m. 2 Games Bingo)             | <b>6</b><br>Turkeywich<br>Cuke Salad/Sr Cream<br>Dressing<br>Fruit Cup<br>Ice Cream<br>Rootbeer Float (Dine-in Only)<br>Rootbeer Float Day                                   | <b>7</b><br>Fruity Chicken Salad<br>3-Bean Salad<br>Creamy Coleslaw<br>Coconut/Pineapple Sq        |
| <b>10</b><br>Rosemary Roasted Pork<br>Mashed Potatoes/Gravy<br>Stewed Tomatoes<br>S'mores Cake<br><br>National S'mores Day | <b>11</b><br>Chicken Salad Sandwich<br>Fruited Coleslaw<br>Green Bean & Pea Salad<br>Cookie or Bar                                                                    | <b>12</b><br>Spaghetti<br>Green Salad / Dressing<br>Pineapple Slices<br>Garlic Bread<br>Brownie<br><br>(11:15 a.m. 2 Games Bingo)            | <b>13</b><br>Chef Salad Mixed Greens<br>Ham Strips <b>Alt:</b> Chix Breast<br>Hard Boiled Egg / Cheese<br>Croutons / Tomato Wedge<br>Muffin/Marg<br>Cantaloupe Cup<br>Cookie | <b>14</b><br>BBQ on Bun<br>Hashbrowns Au Gratin<br>Baked Beans<br>Melon Cup                        |
| <b>17</b><br>Ham & Cheese Pasta<br>Mixed Greens<br>Melon Wedge<br>Crumb Cake                                               | <b>Monthly Birthday Celebration 18</b><br>Hamburger<br>with fixings on Bun<br>Potato Salad<br>Creamy Italian Coleslaw<br>Cake & Ice Cream<br>(Dine-in Only)           | <b>19</b><br>Porcupine Meatballs<br>Mashed Potatoes<br>Corn<br>Cake<br><br>(11:15 a.m. 2 Games Bingo)                                        | <b>20</b><br>Tator Tot Casserole<br>7-Layer Salad<br>Pineapple Rings<br>Strawberry Phoo Phoo                                                                                 | <b>21</b><br>Kielbasa/Saurkrt Garnish<br>Baked Potato/Sour Cream<br>Green Beans<br>Fruited Gelatin |
| <b>24</b><br>Goulash<br>Fruit Cup<br>Pickle<br>Oatmeal Choc Chip Bar                                                       | <b>25</b><br>Meatballs w/Gravy<br>Mashed Potatoes<br>5-Way Mixed Vegetable<br>Spiced Peaches<br>Flavored Ice Cream<br>Banana Split (Dine-in Only)<br>Banana Split Day | <b>26</b><br>Chicken Chow Mein<br>over Rice<br>Tossed Salad / Dressing<br>Fruit Salad<br>Chocolate Yum Yum<br><br>(11:15 a.m. 2 Games Bingo) | <b>27</b><br>Brat w/onion & krau on Bun<br>Potato Salad<br>Orange Wedges<br>Bar                                                                                              | <b>28</b><br>Crab Salad<br>Melon Wedge<br>Muffin/Marg<br>Applesauce Raisin Bar                     |
| <b>31</b><br>Ham Balls<br>Parslied Boiled Red<br>Potatoes<br>Cauliflower<br>Fresh Orange                                   |                                                                                                                                                                       |                                                          |                                                                                                                                                                              |                                                                                                    |

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