

Meals are subject to change

Semcac Senior Nutrition

JULY 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 Fruit Chicken Salad 3-Bean Salad Creamy Coleslaw Coconut Pineapple Sq (11:15 a.m. 2 Games Bingo)	2 Hamwich Cuke Salad/Sr Cream Dressing Fruit Cup Chocolate Cherry Bar	3 Independence Day SEMCAC CLOSED SENIOR CENTER OPEN
6 Rosemary Roasted Pork Mashed Potatoes/Gravy Stewed Tomatoes Hawaiian Cake	7 Chicken Salad Sandwich Fruited Coleslaw Green Bean & Pea Salad Bar	8 Spaghetti/Meat Sc Green Salad/Dressing Pineapple Slices Garlic Bread Brownie (11:15 a.m. 2 Games Bingo)	9 Chef Salad Mixed Greens Ham Strips Hard Boiled Egg ½ /Cheese Croutons/Tomato Wedge Muffin/Marg Cantaloupe Cup	10 BBQ on Bun Hashbrowns Au Gratin Baked Beans Melon Cup
13 Ham & Cheese Pasta Mixed Greens Melon Wedge Chocolate Chip Bar	14 Hamburger with fixings on Bun Potato Salad Creamy Italian Coleslaw Flavored Ice Cream	15 Porcupine Meatballs Mashed Potatoes Corn Banana (11:15 a.m. 2 Games Bingo)	16 Tator Tot Casserole 7-Layer Salad Pineapple Rings Strawberry Phoo Phoo	17 Kielbasa/Saurkrt Garnish Baked Potato/Sour Cream Green Beans Orange
20 Goulash Fruit Cup Pickle Oatmeal Choc Chip Bar	21 Monthly Birthday Celebration Meatballs w/Gravy Mashed Potatoes 5-Way Mixed Vegetable Spiced Peaches Cake and Ice Cream (Dine-in Only)	22 Chicken Chow Mein over rice Tossed Salad/Dressing Fruit Salad Chocolate Yum Yum (11:15 a.m. 2 Games Bingo)	23 Brat w/onion & krau on Bun Potato Salad Orange Wedges Flavored Ice Cream	24 Crab Salad Melon Wedge Muffin/Marg Applesauce Raisin Bar
27 Ham Balls Parslied Boiled Red Potatoes Cauliflower Fresh Orange	28 Beef Enchilada Casserole 7-Layer Salad Peaches Moon Cake	29 Chicken Parmesan Mashed Potatoes Broccoli Starburst Cake (11:15 a.m. 2 Games Bingo)	30 Taco Salad Corn Relish Strawberry Shortcake	31 Tuna Salad on Bun Potato Salad Carrot Raisin Salad Brownie

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