Meals are subject to change

Semcac Senior Nutrition

SEPTEMBER 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 Beef Enchilada Casserole 7-Layer Salad Peaches CChocolate Cake	**2** Chicken Parmesan Mashed Potatoes Broccoli Starburst Cake **(11:15 a.m. 2 Games Bingo)**	**3** Taco Salad Corn Relish Strawberry Shortcake	**4** Tuna Salad on Bun Potato Salad Carrot Raisin Salad Brownie
7 **Labor Day**	**8** Pork Loin Dressing W/Gravy Asparagus Mixed Fruit Cup Peanut Butter Brownie	**9** Chicken Tortilla Soup Crackers Egg Salad Sandwich Moon Cake **(11:15 a.m. 2 Games Bingo)**	**10** Meat Lasagna Tossed Salad Orange Wedges Garlic Bread Cinnamon Applesauce	**11** Baked Fish/Tarter Sc Hashbrown Au Gratin Potatoes Broccoli Cookie or Bar
14 Meat Loaf Mashed Potatoes/Marg Carrots Fruit Cup	**Monthly Birthday Celebration** **15** Hawaiian Chicken Rice Pilaf Green Beans Orange Wedges Cake & Ice Cream (Dine-in Only)	**16** Roast Beef on Bun Baked beans Broccoli/Cauliflower Oatmeal Choc Chip Bar **(11:15 a.m. 2 Games Bingo)**	**17** Spaghetti & Meat Sauce Tossed Salad/Dressing Peach half w/Cottage Ch Garlic Bread Cookie or Bar	**18** Baked Fish Tartar Sc Oven Browned Potatoes Parslied Carrots Mandarin Orange Dessert
21 Hamburger on Bun Pickle/Onion/Tomato/Ketchup Roadside Potatoes Green Beans Fresh Fruit	**22** New England Boil Dinner w/Boiled Potatoes/Cab Carrot/Onion Seafoam Salad Double Pistachio Cake	**23** Turkey w/Gravy Mashed Potatoes Buttered Beets Pumpkin Bar **(11:15 a.m. 2 Games Bingo)**	**24** **Chef Salad:** Lettuce Tomato/Cuke Boiled Egg Chicken Cheese Croutons Brownie	**25** Seashore Tuna Casserole Mixed Green Salad Tomato Wedge/Beet Pickle Muffin w/Marg Moon Cake
28 Swiss Steak w/Gravy Mashed Potatoes/Gravy Broccoli Pineapple/Pear Peach Cup	**29** Chicken Chili w/Sh Cheese Crackers Tossed Salad/Dressing Pineapple Slices Cornbread Walnut Dream Bar	**30** Sweet Pepper Steak Brown Rice Peas Peach Half/Cottage Cheese Fruit Cocktail Cake **(11:15 a.m. 2 Games Bingo)**		

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 and ask for Danielle Cross, or call the Kitchen at (507) 332-7680 for Dining Room or Curbside. For Meals on Wheels, call Sarah Kuball at (507) 412-7807