

Meals are subject to change

Semcac Senior Nutrition

OCTOBER 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 BBQ Pork Loin on Bun Baked Potato/Sr Cream Green Beans Rocky Road Pudding	2 Beef Pot Roast Potatoes/Carrots Waldorf Gelatin Salad Fresh Orange
5 Chicken Breast Baked dumpling/Gravy Asparagus Coleslaw Pudding	6 Breaded Chicken Sandwich Cheese/Tomato Sl/Onion Cheesy Hashbrowns Green Beans Fresh Banana	7 Cheese & Ham Strata Hashbrown Yogurt Fruit Cup Crumb Cake (11:15 a.m. 2 Games Bingo)	8 Hamburger Veg Soup Crackers Egg Salad Sandwich Pear/Grape Cup Flavored Ice Cream	9 Porcupine Meatballs Mashed Potatoes Corn/Pimento Cherry Crisp with Topping
12 Hamburger Gravy Over Mashed Potatoes Cheesy Broccoli Mixed Fruit Cup	13 Taco Casserole Mexican Corn Corn Bread w/Marg Baked Apple	14 Baked Ham Baked Sweet Potato Green Bean Casserole Lemon Chiffon Pie (11:15 a.m. 2 Games Bingo)	15 Garlic Seasoned Pork Loin Oven Roasted Potatoes Green Beans/Mushrooms Cherry Crunch Dessert with Whipped Topping	16 Ham & Cheese Sandwich on Bun Oriental Coleslaw Cinnamon Applesauce Gelatin Cookie or Bar
19 Swedish Meatballs Mashed Potatoes/Marg Herbed Green Beans Apple Cranberry Crisp with Whipped Topping	20 Monthly Birthday Celebration Salisbury Steak w/Gravy Mashed Potatoes Brussel Sprouts Ice Cream & Cake (Dine-in Only)	21 Creamed Chicken over Biscuit Diced Carrots 7-Layer Salad Gingerbread Cake (11:15 a.m. 2 Games Bingo)	22 Goulash 3-Bean Salad Mixed Greens Garlic Bread Fresh Banana	23 Breakfast Wrap Sausages Hashbrown Fruit Cup Chocolate Chip Muffin
26 Chicken Breast Mashed Potatoes/Gravy Broccoli Blushing Pears	27 Roast Beef Mashed Potatoes/Gravy Harvard Beets Fresh Fruit	28 Cheesy Broccoli Soup Crackers Chicken Salad on a Bun Strawberry Short Cake/Topp (11:15 a.m. 2 Games Bingo)	29 BBQ on a Bun Oven Browned Potatoes Baked Beans Apple Crisp with Whipped Topping	30 Beef Stew Seafoam Salad Peaches Corn Bread w/Marg Rice Krispie Bar

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