

Meals are subject to change

Semcac Senior Nutrition

SEPTEMBER 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 Beef Enchilada Casserole 7-Layer Salad Peaches Chocolate 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	15 Monthly Birthday Celebration 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 Brownd Potatoes Parslied Carrots Mandarin Orange Dessert
21 Hamburger on Bun Pickle/Onion/Tomato/Ketchup Roadside Potatoes Green Beans Fresh Fruit	22 New England Boiled 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 Ham Cheese Croutons Brownie	25 Seashore Tuna Casserole Peas Beet Pickle Muffin w/Marg Moon Cake
28 Swiss Steak w/Gravy Mashed Potatoes/Gravy Broccoli Fruit 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