Meals are subject to change

Semcac Senior Nutrition

NOVEMBER 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Swiss Steak in Tomato Sc Baked Potato Mixed Vegetables Orange/Pear Cup	**3** **Taco Salad:** Taco Meat Sr Cr/French Dress/Salsa Salad mix/Shred Cheese Diced Tomatoes/Tost Chp Creamy Corn Casserole Chocolate Cake	**4** Chicken Alfredo Lasagna Mixed Green Salad Garlic Bread Pineapple Slices Pudding **(11:15 - 2 Games Bingo)**	**5** Rosemary Roast Pork Mashed Potatoes/Gravy Squash Fruit Cocktail Cake	**6** Hamburger Stew Spiced Peaches Mixed Green Salad Tomato Wedge Beet Pickles Mild Gingerbread Cake with Whipped Topping
9 Chili Con Carne Crackers Pineapple Slices Corn Muffin/Marg Pudding	**10** Chicken Pot Pie Tossed Salad/Fixings Fruited Muffin w/Marg Starburst Cake	**11** Baked Fish/Tarter Sc Oven Browned Potatoes Parslied Carrots Mandarin Orange Dessert **Veterans' Day** **No Bingo**	**12** Turkeywich on Bun Potato Salad Marinated Green Beans Cake	**13** **Semcac Closed (No Meals)** **Senior Center Open**
16 Garlic Herb Pork Roast Mashed Potatoes/Gravy Spinach/Vinegar Cinnamon Applesauce	**Monthly Birthday Celebration** **17** Beef Patty on Bun Baked Beans Peas Cake & Ice Cream (Dine-in Only)	**18** Baked Turkey Mashed Potatoes Bread Dressing Green Bean Casserole Pumpkin Crisp **No Bingo**	**19** Creamy Chicken Parmesan Rice Pilaf Asparagus 7 Layer Salad Cookie/Bar	**20** Lasagna Salad w/Drsg 5-Cup Fruit Salad Garlic Bread Cookie
23 BBQ Meatballs Boiled Red Potatoes Brussel Sprouts Flavored Ice Cream	**24** Hamburger Vegetable Soup Crackers Egg Salad on Bun Carrot Coin Salad Chocolate Cherry Bar	**25** Beef Patty on Bun Baked Potato/Sr Cream 5 Way Mixed Veg Yogurt Fruit Cup **(11:15 - 2 Games Bingo)**	**26** **Happy Thanksgiving Day!** **SEMCAC & SENIOR CENTER CLOSED**	**27** **SEMCAC & SENIOR CENTER CLOSED**
30 Tator Tot Casserole Tossed Salad Mixed Fruit Cup Fresh Banana				

In Inclement Weather: Please visit **www.semcac.org**, 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