

Semcac Senior Nutrition

January 2019

Meals are subject to change

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<p>1</p> <p>Happy New Year!</p> <p>CLOSED</p>	<p>2</p> <p>Beef Pot Roast/Veggies Waldorf Gelatin Salad Dinner Roll Fresh Fruit</p>	<p>Music by Andy Speikers 3</p> <p>Meat Loaf Baked Potato/Sr Cream Brussel Sprouts Starburst Cake</p>	<p>4</p> <p>Pork Steak Dressing Green Beans Creamy Coleslaw Pumpkin Crisp</p>
<p>7</p> <p>Swedish Meatballs Mashed Potatoes/Marg Seasoned Broccoli Beet Pickles Mixed Fruit Cup</p>	<p>8</p> <p>Oven Baked Chicken Bread Dressing/Gravy Parslied Carrots Coleslaw Apple Crisp</p>	<p>Music by Herb Sellner 9</p> <p>Hearty Vegetable Soup Hamwich Sandwich Alt: Turkeywich Sandwich 3-Bean Salad Cranberry Bog Dessert</p>	<p>10</p> <p>Lasagna Green Salad/Dressing French Bread Banana Pudding Dessert</p>	<p>Red Hats 11</p> <p>Roast Beef Mashed Potatoes/Gravy Peas with Onions Home Made Dinner Roll Orange Slices</p>
<p>The Chets 14</p> <p>Swiss Steak in Sauce Baked Potato/Marg/Sr Cr Green Beans Pumpkin Nut Cookies</p>	<p>15</p> <p>Tater Tot Hotdish Coleslaw Home Made Dinner Roll Mixed Fruit Cup</p>	<p>Puzzle Day Party 16</p> <p>Italian Chicken Breast Rice Pilaf Buttered Carrots Green Salad/Dressing Cranberry Sauce Cream Puff</p>	<p>Music by Andy Speikers 17</p> <p>Pork Loin Mashed Potatoes/Gravy Fresh Squash Beet Pickles Flavored Ice Cream</p>	<p>18</p> <p>Meat Loaf Scalloped Potatoes Brussel Sprouts Home Made Dinner Roll Mandarin Orange Dessert</p>
<p>21</p> <p>BBQ Rib Pattie Parsley Butterd Potatoes Pineapple Slice Coleslaw Pears with Caramel Sauce</p> 	<p>22</p> <p>Taco Casserole Fruit Salad Seafoam Dessert</p>	<p>Music by Herb Sellner 23</p> <p>Beef Roast Mashed Potatoes/Gravy Harvard Beets Pea/Pickle/Cheese Salad Home Made Dinner Roll Banana</p>	<p>24</p> <p>Chicken Wild Rice Soup Waldorf Salad Pineapple/Cottage Ch Moon Cake</p>	<p>25</p> <p>Ham Balls Alt: Fish Corn Casserole Green Salad/Dressing Fruit Cocktail Cake</p>
<p>28</p> <p>Meat Loaf Confetti Rice Parslied Carrots Green Salad/Dressing Fresh Grapes</p>	<p>Birthday Party 29</p> <p>Pork Steak Dressing California Blend Veg Carrot Raisin Salad Cranberry Sauce Craisin Bar</p>	<p>30</p> <p>Tater Tot Hotdish Peach Half/Cottage Ch Cinn Applesauce Gelatin</p>	<p>Music by Andy Speikers 31</p> <p>Oven Baked Chicken Calico Beans Coleslaw Dinner Roll Fresh Fruit Cup</p>	<p>MEAL SERVED AT 11:30 AM</p> <p>Suggested donations: Over 60 is \$4 or a 5 punch ticket is \$17.50 Under 60 is \$7</p> <p>Diabetic option available daily Phone: 507-332-7680</p>





'Alternate' on Menu = Diner's Choice

'OR' on Menu = Site Staff Choice based on diner preference

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February 2019

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>MEAL SERVED AT 11:30 AM Suggested donations: Over 60 is \$4 or a 5 punch ticket is \$17.50 Under 60 is \$7</p> <p>Diabetic option available daily Phone: 507-332-7680</p>	<p>"Eating a Meal that's Tasty and Healthy. Keeps you in Shape and Nutritionally Wealthy"</p> <p></p>			<p>Served at 10:00 AM 1 Egg & Sausage Bake Homemade Cinnamon Roll Fresh Fruit Cup Orange juice</p>
<p>4 Baked Ham Alt: Salisbury Steak Sweet Potato Casserole Green Beans Beet Pickles Flavored Ice Cream</p>	<p>5 Spaghetti/Meat Sauce Green Salad/Dressing Pear Half/Cottage Ch French Bread Brownie</p>	<p>6 Chicken al King Baking Powder Biscuit Peas Mixed Fruit Cup Oatmeal Crispie</p>	<p>Music by Andy Speikers 7 Swiss Steak in Gravy Buttered Noodles Seasoned Broccoli Carrot Pineapple Salad Chocolate Cherry Bar</p>	<p>Red Hats 8 Roast Turkey Mashed Potatoes/Gravy Corn Coleslaw Fruit Cup</p>
<p>The Chets 11 Swedish Meatballs Mashed Potatoes/Marg Seasoned Broccoli Beet Pickles Mixed Fruit Cup</p>	<p>12 Oven Baked Chicken Bread Dressing Parslied Carrots Coleslaw Apple Crisp</p>	<p>Music by Herb Sellner 13 Hearty Vegetable Soup Hamwich Sandwich Alt: Turkeywich Sandwich 3-Bean Salad Cranberry Bog Dessert</p>	<p>Valentines Dinner 14 Lasagna Green Salad/Dressing French Bread Banana Pudding Dessert</p>	<p>15 Oven Baked Fish AuGratin Potatoes Stewed Tomatoes Chocolate Poke Cake</p>
<p>18 Swiss Steak in Sauce Baked Potato/Marg/Sr Cr Green Beans Pumpkin Nut Cookies</p> 	<p>19 Tater Tot Hotdish Coleslaw Homemade Dinner Roll Mixed Fruit Cup</p>	<p>20 Italian Chicken Breast Rice Pilaf Buttered Carrots Green Salad/Dressing Cranberry Sauce Cream Puff</p>	<p>Music by Andy Speikers 21 Pork Loin Mashed Potatoes/Gravy Fresh Squash Beet Pickles Flavored Ice Cream</p>	<p>22 Meat Loaf Scalloped Potatoes Brussel Sprouts Home Made Dinner Roll Mandarin Orange Dessert</p>
<p>25 BBQ Rib Pattie Parsley Buttered Potatoes Pineapple Slice Coleslaw Pears/Caramel Sauce</p>	<p>Birthday Party 26 Taco Casserole Fruit Salad Seafoam Dessert</p>	<p>Music by Herb Sellner 27 Beef Roast Mashed Potatoes/Gravy Harvard Beets Pea/Pickle/Cheese Salad Homemade Dinner Roll Banana</p>	<p>28 Chicken Wild Rice Soup Waldorf Salad Pineapple/Cottage Ch Moon Cake</p>	

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