


Semcac Senior Nutrition

May 2019

Meals are subject to change

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MEAL SERVED AT 11:30 AM Suggested donations: Over 60 is \$4 or a 5 punch ticket is \$17.50 Under 60 is \$7 Diabetic option available daily Phone: 507-332-7680	Taco Salad available on Tuesdays beginning May 14 Must sign up	1 Italian Chicken Breast Rice Pilaf Buttered Carrots Green Salad/Dressing Cranberry Sauce Cream Puff	2 Music by Andy Speikers Pork Loin Mashed Potatoes Fresh Squash Beet Pickles Flavored Ice Cream	3 Meat Loaf Scalloped Potatoes Brussel Sprouts Home Made Dinner Roll Mandarin Orange Dessert
6 BBQ Rib Pattie Parsley Buttd Potatoes Pineapple Slice Coleslaw Pears/Caramel Sauce	7 Taco Casserole Fruit Salad Seafoam Dessert	8 Music by Herb Sellner Beef Roast Mashed Potatoes/Gravy Harvard Beets Pea-Pickle-Cheese Salad Homemade Dinner Roll Fresh Banana	9 Chicken Broccoli Rice Casserole Waldorf Salad Pineapple/Cottage Ch Rhubarb Crisp	10 Red Hats Ham Balls Alt: Fish Corn Casserole Green Salad/Dressing Fruit Cocktail Cake
13 Meat Loaf Confetti Rice Parslied Carrots Green Salad/Dressing Fresh Grapes	14 Pork Steak Dressing California Blend Veg Carrot Raisin Salad Cranberry Sauce Choc Cherry Bar	15 Tater Tot Hotdish Peach/Cottage Cheese Cinn Applesauce Gelatin Spring Supper and Program	16 Music by Andy Speikers Oven Baked Chicken Calico Beans Coleslaw Dinner Roll Fresh Fruit Cup	17 Oven Baked Fish Au Gratin Potatoes Stewed Tomatoes Chocolate Poke Cake
20 Music by Chets Baked Ham Alt: Salisbury Steak Sweet Potato Casserole Green Beans Beet Pickles Flavored Ice Cream	21 Spaghetti Meat Sauce Green Salad/Dressing Pear/Cottage Cheese French Bread Brownie	22 Music by Herb Sellner Chicken ala King Baking Powder Biscuit Peas Mixed Fruit Cup Oatmeal Crispie	23 Swiss Steak in Gravy Buttered Noodles Seasoned Broccoli Carrot Pineapple Salad Rhubarb Upsidedown Cake Order Box Lunches	24 Roast Turkey Mashed Potatoes/Gravy Whole Kernel Corn Coleslaw Fruit Cup Pick Up Box Lunches
27  Site Closed	28 Birthday Party Oven Baked Chicken Bread Dressing Parslied Carrots Coleslaw Apple Crisp	29 Hot Turkey Commercial 3-Bean Salad Cranberry Bog Dessert	30 Lasagna Green Salad/Dressing French Bread Banana Pudding Dessert	31 Roast Beef Mashed Potatoes/Gravy Peas/Onions Homemade Dinner Roll Orange Slices

'Alternate' on Menu = Diner's Choice

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

All meals include bread (if not serving dinner roll, bun or muffin), 1 tsp Marg, and 1 cup 2% Milk unless indicated

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<p>3</p> <p>Baked Chicken Mashed Potatoes/Gravy Broccoli Fresh Banana</p>	<p>4</p> <p>Goulash Green Salad/Dressing Pear/Cottage Cheese French Bread Brownie</p>	<p>5</p> <p>Chef Salad Whole Wheat Roll Strawberry Phoo Phoo</p>	<p>Music by Andy Speikers 6</p> <p>Brats Alt: Hamburger Pickle Cheese Scallop Potatoes Baked Beans/Apples Fresh Grapes</p>	<p>7</p> <p>BBQ Pulled Pork Potato Salad Carrot Coin Salad Flavored Ice Cream</p>
<p>Music by Chets 10</p> <p>Parmesan Chicken Rice Pilaf Brussel Sprouts 7-Layer Salad Fresh Fruit</p>	<p>11</p> <p>BBQ Rib Patty Baked Red Potatoes Cauliflower Pudding</p>	<p>Music by Herb Sellner 12</p> <p>Beef Roast Mashed Potatoes/Gravy Beets Mixed Fruit Cup</p>	<p>13</p> <p>Cold Plate: Ham/Alt: Turkey Potato Salad Peach Moon Cake</p>	<p>Red Hats 14</p> <p>Baked Fish Baked Potato Peas/Onions Cookie </p>
<p>17</p> <p>Onion Smothered Steak Alt: Liver/Onions Baked Potato California Blend Veg Fresh Fruit</p>	<p>18</p> <p>Sweet & Sour Pork White Rice Tossed Salad/Dressing Pea-Pickle-Ch Salad Fresh Banana</p>	<p>19</p> <p>Hamburger on Bun Potato Salad Cuke Salad Melon Wedge</p>	<p>Music by Andy Speikers 20</p> <p>Taco Salad Corn Relish Roll Starburst Cake</p>	<p>21</p> <p>Smothered Chicken Brst On Bun Macaroni Fruit Salad Carrot/Celery Sticks Oatmeal Choc Chip Bar</p>
<p>24</p> <p>Ham Balls Alt: Fish Baked Sweet Potato Cauliflower Fresh Fruit</p>	<p>Birthday Party 25</p> <p>Shredded Turkey on Bun Calico Beans 5-Cup Salad Cookie Summer Supper</p>	<p>Music by Herb Sellner 26</p> <p>Chicken Romaine Salad Alt: Crab Salad Melon Wedge Roll Rhubarb Cake</p>	<p>27</p> <p>Chicken Enchilada Roll Tossed Green Salad Pineapple Rings Strawberry Shortcake</p>	<p>28</p> <p>Chili Corn Muffin Pear/Cottage Cheese Pudding </p>
	<p>Taco Salad available on Tuesdays Must sign up</p>	<p>"Eating a Meal that's Tasty and Healthy. Keeps you in Shape and Nutritionally Wealthy"</p>	<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>	

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