

Semcac Senior Nutrition

July 2018

* All Meals Subject to Change

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2</p> <p>Ham Balls Alt: Ground Beef Patty Fresh Sweet Potatoes Broccoli Flavored Ice Cream 4th July box lunch orders due today.</p>	<p>3</p> <p>Tomato Juice Chicken Chow Mein Rice Tossed Salad Vanilla Pudding ALT Chicken Taco Salad</p>	<p>4</p> <p>Boxed Lunch Available Hamwich Carrot Coin Salad Fresh Fruit Cup Scotcheroo Bar Must be picked up on Tue</p> <p>CLOSED</p>	<p>5</p> <p>Meatloaf Baked Potato/Sr Cream Brussel Sprouts Starburst Cake ALT Chef Salad</p>	<p>6</p> <p>Hawaiian Chicken Parslied Buttered Potatoes Asparagus Carrot Raisin Salad Fresh Fruit Cup</p>
<p>9</p> <p>Taco Casserole Mexican Corn Peach Half Chocolate Chip Cookie</p>	<p>10</p> <p>New England Dinner Alt: Beef Steak With Vegetables Tossed Green Salad Seafoam Dessert ALT Beef Taco Salad</p>	<p>11</p> <p>Music by Herb Sellner Chicken Romaine Salad Melon Wedge Batter Bun Rhubarb Cake</p>	<p>12</p> <p>Pork Roast Sauerkraut Garnish Corn Casserole Dilled Carrots Apple Cranberry Crisp ALT Seafood Crab Salad</p>	<p>13</p> <p>Red Hats Salisbury Beef Steak Alt: Liver & Onions Baked Potato/Sr Cream Seasoned Peas/Celery Pears in Caramel Sauce</p>
<p>16</p> <p>BBQ Meat Balls Boiled Red Potatoes Italian Green Beans Rhubarb Muffin Fresh Grapes</p>	<p>17</p> <p>Roast Turkey Mashed Potatoes Seasoned Peas Cuke Salad Cranberry Mold ALT Chicken Taco Salad</p>	<p>18</p> <p>Baked Ham Scalloped Potatoes Alt: Hamburger Patty Asparagus Mixed Green Salad Dinner Roll Moon Cake</p>	<p>19</p> <p>Music by Andy Speikers Swiss Steak Baked Potato/Sr Cream Carrots Fruited Coleslaw Batter Bun Peach Crisp ALT Chicken Caesar Salad</p>	<p>20</p> <p>Chicken Pasta Salad Chow Mein Noodles Cuke Salad Peach Halves Homemade Dinner Roll Baked Coconut Custard</p>
<p>23</p> <p>Green Pepper Steak Rice Parslied Cauliflower Tossed Salad Citrus Fruit Cup</p>	<p>24</p> <p>Split Pea Soup Crackers BBQ on Bun Waldorf Salad Lemon Crackle ALT Beef Taco Salad</p>	<p>25</p> <p>Music by Herb Sellner Baked Chicken/Gravy Baked Dumpling Broccoli Carrot Coin Salad Flavored Ice Cream</p>	<p>26</p> <p>Roast Beef Mashed Potatoes/Gravy Stewed Tomatoes Homemade Wheat Roll Melon Wedge ALT Chicken Caesar Salad</p>	<p>27</p> <p>Hamburger on Bun Pickles Potato Salad Calico Beans Ginger Snaps</p>
<p>30</p> <p>Salisbury Beef Steak Alt: Liver & Onions Baked Potato/Sr Cream Seasoned Peas & Celery Fresh Grapes</p>	<p>31</p> <p>Birthday Party Beef Stroganoff/Noodles Green Beans Mixed Green Salad Dinner Roll Rhubarb Torte ALT Chef Salad</p>	<p>"To gather with friends and enjoy a good meal, Semcac's meals are an outstanding deal"</p>  <p>Diabetic option available daily</p>		<p>MEAL IS SERVED AT 11:30 AM Suggested donations: Over 60 is \$4 or a 5 punch ticket is \$17.50 Under 60 is \$7 Phone: 507-332-7680</p>

'Alternate' on Menu = Diner's Choice

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