

Semcac Senior Nutrition

May 2018

* All Meals Subject to Change

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
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	1 Beef Stroganoff Over Noodles Green Beans Mixed Greens/Dressing Dinner Roll Rhubarb Torte	2 Meatloaf Boiled Red Potatoes Succotash Pears in Caramel Sauce	3 Chicken Romaine Salad Melon Wedge Wheat Dinner Roll Applesauce Raisin Bar	4 Baked Ham/Fruit Sauce Alt: Turkey Baked Cauliflower Carrot-Raisin Salad Creamy Gelatin Dessert
7 Spaghetti Meat Sauce Parslied Carrots French Bread Tossed Salad Sr Cream Fruit Dessert	8 Italian Chicken Breast Hash Browns Au Gratin Fresh Squash Butterscotch Square	Herb Sellner 9 Honey-Glazed Pork Stk Scalloped Potatoes Brussel Sprouts Homemade Wheat Roll Frozen Yogurt	Mother's Day Party 10 Tater Tot Casserole Coleslaw Beet Pickles Rhubarb Rosie Reservations Required	RED HATS 11 White Chicken Chili With Shredded Cheese Crackers Tomato/Cuke Salad Pumpkin Crisp
14 Beef Tips Mashed Potatoes Oriental Blend Vegetable Mixed Greens Salad Dinner Roll Fruit Cup	15 Minnesota Hotdish Buttered Beets P/A Orange Fruit Cup Chocolate Cherry Bar	16 Crab Pasta Salad Alt: Chicken Pasta Salad Lettuce Fruit Salad Batter Bun Crumb Cake	17 Pork Roast Baked Beans/Apples Peas Coleslaw Pudding	18 Chicken ala King Over Biscuit Green Beans Cranberry Bog Salad Fresh Fruit
21 Meat Balls Fresh Sweet Potatoes Broccoli Batter Bun Pear Cup	22 Hot Hamwiches on Bun Alt: Hot Turkey on Bun Marinated Green Beans Fresh Grapes French Apple Pie	Herb Sellner 23 Baked Chicken Mashed Potatoes Spinach/Vinegar Fresh Melon Wedge	24 Onion Smothrd Steak Alt: Liver & Onions Mashed Potatoes/Gravy Corn/Pimento 7-Layer Salad Fresh Fruit	25 Chicken Enchilada Tossed Green Salad Pineapple Rings Strawberry Shortcake
Memorial Day 28 CLOSED	Birthday Party 29 Roast Beef Mashed Potatoes/Gravy Stewed Tomatoes Orange Wedges Birthday Cake	30 Shredded Turkey on Bun Oven browned Potato Calico Beans Pickles Melon Cup	31 Cold Plate: Sliced Ham Alt: Sliced Turkey Cheese/Tomato Wedge Potato Salad/Peach Half Dinner Roll Cream Puff	Diabetic option available daily.  Phone: 507-332-7680

'Alternate' on Menu = Diner's Choice

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