






# Semcac Senior Nutrition

November 2018







MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>MEAL SERVED AT 11:30 AM</b>  <b>Suggested donations:</b>                      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>"To gather with friends and enjoy a good meal,                      Semcac's meals are an outstanding deal"</p> <p><b>Happy Thanksgiving</b></p> 		<p><b>Music by Andy Speikers 1</b>                      Chicken ala King                      Over Biscuit                      Peas                      Fruit Salad                      Brownie</p>	<p><b>2</b>                      Baked Ham/Fruit Sauce  <b>Alt:</b> Turkey                      Baked Cauliflower                      Carrot-Raisin Salad                      Creamy Gelatin Dessert</p>
<p><b>5</b>                      Spaghetti                      with Meat Sauce                      Parslied Carrots                      French Bread                      Tossed Salad/Dressing                      Sr Cream Fruit Salad</p>	<p><b>6</b>                      Italian Chicken Breast                      Hash Browns Au Gratin                      Fresh Squash                      Butterscotch                      Square</p> 	<p><b>7</b>                      Honey-Glzd Pork Steak                      Scalloped Potatoes                      Brussel Sprouts                      Homemade Wheat Roll                      Banana Pineapple                      Delight</p>	<p><b>8</b>                      Tater Tot Casserole                      Coleslaw                      Beet Pickles                      Frozen Yogurt</p>	<p><b>9</b>                      White Chicken Chili                      with Shredded Cheese                      Crackers                      Waldorf Salad                      Pumpkin Crisp</p>
<p><b>Veterans Day Observed 12</b>                      Beef Tips                      Mashed Potatoes                      Oriental Blend Veg                      Mixed Green Salad                      Dinner Roll                      Fruit Cup</p> 	<p><b>13</b>                      Minnesota Hotdish                      Buttered Beets                      P/A Orange Fruit Cup                      Chocolate Cherry Bar</p>	<p><b>Music By Herb Sellner 14</b>                      Chicken Noodle Soup                      Sliced Ham on Bun                      Pea/Pickle/Cheese Salad                      Peach Crisp</p>	<p><b>Music by Andy Speikers 15</b>                      Pork Roast                      Baked Beans with Apple                      Peas                      Coleslaw                      Pudding</p>	<p><b>Thanksgiving Party 16</b>                      Turkey with dressing                      Mashed Potatoes/Gravy                      Green Bean Casserole                      Homemade Dinner Roll                      Pumpkin Pie</p>
<p><b>Music by The Chets 19</b>                      Meat Balls                      Fresh Sweet Potatoes                      Broccoli                      Batter Bun                      Pear Cup</p>	<p><b>20</b>                      Hot Hamwiches on Bun  <b>Alt:</b> Hot Turkey on Bun                      Marinated Green Beans                      Fresh Grapes                      French Apple Pie  <b>Order Box Lunch for Friday</b></p>	<p><b>21</b>                      Baked Chicken                      Mashed Potatoes/Gravy                      Spinach with Vinegar                      Peach/Pineapple Cup</p> <p><b>Pick Up Box Lunch</b></p>	<p><b>22</b></p>  <p><b>CLOSED</b></p>	<p><b>23</b></p>  <p><b>CLOSED</b></p>
<p><b>26</b>                      BBQ Rib Patty                      Baked Potato/Sr Cream                      Brussel Sprouts                      Molasses Cookie</p>	<p><b>Birthday Party 27</b>                      Roast Beef                      Mashed Potatoes/Gravy                      Stewed Tomatoes                      Birthday Cake</p>	<p><b>Music By Herb Sellner 28</b>                      Shredded Turkey on Bun                      Scalloped Potatoes                      Calico Beans                      Pickles                      Mixed Fruit Cup</p>	<p><b>29</b>                      Sweet/Sour Pork                      Over Rice                      Green Beans                      Cranberry Bog Salad                      Choc Crackle Cookies</p>	<p><b>30</b>                      Breaded Fish/Tartar Sc                      Baked Potato/Sr Cream                      Peas                      Craisin Coleslaw                      Apple Upside Down                      Cake</p>

'Alternate' on Menu = Diner's Choice

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

# Semcac Senior Nutrition

December 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>3</p> <p>Tater Tot Hotdish Fresh Fruit Cup Wheat Dinner Roll Strawberry Ice Cream</p> 	<p>4</p> <p>Hot Turkey Sandwich Mashed Potatoes/Gravy Buttered Beets Pea/Pickle/Cheese Salad Brownie</p>	<p>5</p> <p>Pork Roast Mashed Potatoes/Gravy Stewed Tomatoes Batter Bun/Marg Fresh Fruit</p>	<p>6</p> <p>Music by Andy Speikers Beef Tips in Gravy Noodles Parslied Carrots Tossed Salad/Dressing Wheat Dinner Roll Apple/Cranberry Crisp</p>	<p>7</p> <p>Porcupine Meat Balls Baked Potato/Sr Cream Seasoned Peas Fresh Fruit Cup</p>
<p>10</p> <p>BBQ Pork on Bun Coleslaw Apricots Walnut Dream Bar</p>	<p>11</p> <p>Salisbury Steak Confetti Rice Broccoli P/A Slice/Peach Half Cranberry Mold</p>	<p>12</p> <p>Music By Herb Sellner Baked Chicken Mashed Potatoes/Gravy Cauliflower/Peas Blend Orange/Pear Cup</p>	<p>13</p> <p>Vegetable Soup Cheeseburger on Bun Pear/Cranberry Sauce Frosted Choc Chip Cake</p>	<p>14</p> <p>Baked Fish/Tartar Sc <b>Alt:</b> Pork Steak Oven Browned Potatoes Parslied Carrots Mandarin Orange Dessert</p>
<p>17</p> <p>Music by The Chets Meat Loaf <b>Alt:</b> Liver &amp; Onions Parslied Boiled Potatoes Spinach with Vinegar Fruit Cup</p>	<p>18</p> <p>Chicken ala King Biscuit Peas Craisin Coleslaw Banana</p>	<p>19</p> <p>Pork Steak Dressing Oriental Blend Veg Romaine Lettuce Salad Dinner Roll Peanut Butter Cookies</p>	<p>20</p> <p>Music by Andy Speikers Meat Lasagna Mixed Greens Salad Orange Slices French Bread Pudding Order Box Lunch for Monday</p>	<p>21</p> <p><b>Christmas Party</b> Roast Beef au Jus Mashed Potatoes Green Bean Casserole Peppermint Ice Cream Cookie  Pick Up Box Lunch for Monday</p>
<p>24</p>  <p><b>CLOSED</b></p>	<p>25</p>  <p><b>CLOSED</b></p>	<p>26</p> <p>Music By Herb Sellner <b>Birthday Party</b> Sweet Pepper Steak Brown Rice Cauliflower Tossed Salad/Dressing Dinner Roll Banana</p>	<p>27</p> <p>Baked Ham <b>Alt:</b> Chicken Breast Baked Sweet Potatoes Green Beans/Mushrooms Fruit Cocktail Cake Order Box Lunch for Monday</p>	<p>28</p> <p>Navy Bean Soup Egg Salad Sandwich Carrot Coin Salad Oatmeal Cookie  Pick Up Box Lunch for Monday</p>
<p>31</p>  <p><b>CLOSED</b></p>	<p><b>CLOSED</b></p> 	<p>"Eating a Meal that's Tasty and Healthy. Keeps you in Shape and Nutritionally Wealthy"</p> 		<p><b>MEAL SERVED AT 11:30AM</b> <b>Suggested donations:</b> Over 60 is \$4 or a 5 punch ticket is \$17.50 Under 60 is \$7 Diabetic option available daily Phone: 507-332-7680</p>

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