

# Semcac Senior Nutrition

September 2018

\* All Meals Subject to Change

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Site Closed</b> 3  Labor Day	4 Beef Tips in Gravy Noodles Parslied Carrots Tossed Salad/Dressing Wheat Dinner Roll Apple-Cranberry Crisp	5 Pork Roast Mashed Potatoes/Gravy Stewed Tomatoes Batter Bun Fresh Fruit in Season	<b>Jerry's Comedy Show</b> 6 Hot Turkey Commercial Buttered Beets Pea/Pickle-Cheese Salad Brownie	7 Porcupine Meat Balls Baked Potato/Sr Cream Seasoned Peas Fresh Fruit Cup
10 Salisbury Steak Confetti Rice Broccoli Pineapple Slice/Peach Walnut Dream Bar	11 BBQ Pork on Bun Coleslaw Apricots Cranberry Mold	<b>Music By Herb Sellner</b> 12 Baked Chicken Mashed Potatoes/Gravy Cauliflower/Peas Blend Orange/Pear Cup	13 Veg Soup/Crackers Cheeseburger on Bun Pear with Cranberry Sc Frosted Choc Chip Cake	<b>Red Hats</b> 14 Baked Fish <b>Alt:</b> Chicken Breast Oven Browned Potatoes Parslied Carrots Mandarin Orange Dessert
<b>Music by The Chets</b> 17 Meat Loaf <b>Alt:</b> Liver & Onions Parslied Buttrd Potatoes Spinach/Vinegar Fruit Cup	18 Chicken ala King over Biscuit Peas Craisin Coleslaw Banana	19 Pork Steak Dressing Oriental Blend Veg Romaine Lettuce Salad Dinner Roll Peanut Butter Cookies	<b>Music by Andy Speikers</b> 20 Meat Lasagna Mixed Greens/Dressing Orange Slices French Bread Pudding	21 Hawaiian Chicken Parslied Buttered Potatoes Asparagus Carrot Raisin Salad Fresh Fruit Cup
24 Oven Baked Chicken Wild Rice Pilaf Fresh Squash Waldorf Salad Pudding	<b>Birthday Party</b> 25 Swedish Meat Balls Mashed Potatoes/Marg Carrots 3-Bean Salad Mixed Fruit Cup	<b>Music By Herb Sellner</b> 26 Sweet Pepper Steak Brown Rice Cauliflower Tossed Salad/Dressing Dinner Roll Banana <b>Encore Academy Dinner 4:30</b>	27 Baked Ham <b>Alt:</b> Chicken Breast Baked Sweet Potatoes Green Beans/Mushrms Fruit Cocktail Cake	28 Navy Bean Soup Egg Salad Sandwich Carrot Coin Salad Oatmeal Cookie
Diabetic option available daily  Phone: 507-332-7680  	"To gather with friends and enjoy a good meal, Semcac's meals are an outstanding deal"		MEAL SERVED AT 11:30 AM Suggested donations: Over 60 is \$4 or a 5 punch ticket is \$17.50 Under 60 is \$7	

'Alternate' on Menu = Diner's Choice

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