



Semcac Senior Nutrition



October 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1</p> <p>Ham Balls Alt: Ground Beef Patty Fresh Sweet Potatoes Broccoli Flavored Ice Cream</p>	<p>2</p> <p>Tomato Juice Chicken Chow Mein Rice Tossed Salad/Dressing Vanilla Pudding</p>	<p>3</p> <p>Beef Pot Roast with Vegetables Waldorf Gelatin Salad Dinner Roll Fresh Fruit</p>	<p>Music by Andy Speikers 4</p> <p>Meatloaf Baked Potato/Sr Cream Brussel Sprouts Starburst Cake</p>	<p>5</p> <p>Pork Steak Dressing Green Beans Creamy Coleslaw Pumpkin Crisp</p>
<p>8</p> <p>Taco Casserole Mexican Corn Peach Half Chocolate Chip Cookie</p>	<p>9</p> <p>New England Boiled Dinner Alt: Ground Beef Patty with Vegetables Tossed Green Salad Seafoam Dessert</p>	<p>Music By Herb Sellner 10</p> <p>Beef Tips in Gravy over Noodles Baked Squash Green Bean/Pea Salad Peach Slices</p>	<p>11</p> <p>Pork Roast Sauerkraut Corn Casserole Dilled Carrots Apple-Cranberry Crisp</p>	<p>Red Hats 12</p> <p>Salisbury Beef Steak Alt: Liver & Onions Baked Potatoes/Sr Cr Seasoned Peas/Celery Pears in Caramel Sc</p>
<p>Music by The Chets 15</p> <p>BBQ Meat Balls Boiled Red Potatoes Italian Green Beans Apple Muffin Fresh Grapes</p>	<p>16</p> <p>Roast Turkey Mashed Potatoes/Gravy Seasoned Peas Cucumber Salad Cranberry Mold</p>	<p>17</p> <p>Ham/Scalloped Potatoes Alt: Hamb/Scalloped Pot Asparagus Mixed Greens Salad Dinner Roll Moon Cake</p>	<p>Music by Andy Speikers 18</p> <p>Swiss Steak Baked Potato/Sr Cream Carrots Fruited Coleslaw Batter Bun Peach Crisp</p>	<p>19</p> <p>Taco Salad – Beef Lettuce Tomato Cheese Grapes Double Pistachio Cake</p>
<p>22</p> <p>Green Pepper Steak Rice Parslied Cauliflower Tossed Salad/Dressing Citrus Fruit Cup</p>	<p>23</p> <p>Wild Rice Soup Crackers BBQ on Bun Waldorf Salad Lemon Crackle</p>	<p>Music By Herb Sellner 24</p> <p>Baked Chicken/Gravy Baked Dumpling Broccoli Carrot Coin Salad Ice Cream</p>	<p>25</p> <p>Roast Beef Mashed Potatoes/Gravy Stewed Tomatoes Homemade Wheat Roll Melon Wedge</p>	<p>26</p> <p>Hamburger on Bun with Pickles Potato Salad Calico Beans Ginger Snaps</p>
<p>29</p> <p>Salisbury Beef Steak Alt: Liver & Onions Baked Potatoes/Sr Cream Seasoned Peas/Celery Fresh Grapes</p>	<p>Birthday Party 30</p> <p>Beef Stroganoff Noodles Green Beans Mixed Greens/Dress Dinner Roll Birthday Cake</p>	<p>31</p> <p>Meatloaf Boiled Red Potatoes Cream Style Corn Pears in Caramel Sc</p>	<p>Diabetic option available daily</p> <p>Phone: 507-332-7680</p>	<p>MEAL SERVED AT 11:30 AM</p> <p>Suggested donations: Over 60 is \$4 or a 5 punch ticket is \$17.50 Under 60 is \$7</p>



'Alternate' on Menu = Diner's Choice

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