

Semcac Senior Nutrition

March 2019

Meals are subject to change

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>MEAL SERVED AT 11:30 AM Suggested donations: 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>"Eating a Meal that's Tasty and Healthy. Keeps you in Shape and Nutritionally Wealthy"</p> <p><i>Happy St. Patrick's Day</i></p>			<p>1</p> <p>Ham Balls Alt: Chicken Breast Corn Casserole Green Salad/Dressing Fruit Cocktail Cake</p>
<p>4</p> <p>Meat Loaf Confetti Rice Parslied Carrots Green Salad/Dressing Fresh Grapes</p>	<p>5</p> <p>Pork Steak Dressing California Blend Veg Carrot Raisin Salad Cranberry Sauce Craisin Bar</p>	<p>6</p> <p>Seashore Tuna Hotdish Peach Half/Cott Cheese Cinn Applesauce Gelatin</p> <p><i>Ash Wednesday</i></p>	<p>7</p> <p>Music by Andy Speikers Oven Baked Chicken Calico Beans Coleslaw Dinner Roll Fresh Fruit Cup</p>	<p>8</p> <p>Red Hats Oven Baked Fish Alt: Pepper Steak AuGratin Potatoes Stewed Tomatoes Green Salad Chocolate Poke Cake</p>
<p>11</p> <p>Music by The Chets Baked Ham Alt: Salisbury Steak Sweet Potato Casserole Green Beans Beet Pickles Flavored Ice Cream</p>	<p>12</p> <p>Spaghetti/Meat Sauce Green Salad/Dressing Pear Half/Cott Cheese French Bread Brownie Irish Meal at 4:30 pm</p>	<p>13</p> <p>Music by Herb Sellner Chicken ala King Baking Powder Biscuit Peas Mixed Fruit Cup Oatmeal Crispie</p>	<p>14</p> <p>Swiss Steak in Gravy Buttered Noodles Seasoned Broccoli Carrot Pineapple Salad Chocolate Cherry Bar</p>	<p>15</p> <p>Roast Turkey Alt: Fish Mashed Potatoes/Gravy Corn Coleslaw Fruit Cup</p>
<p>18</p> <p>Swedish Meatballs Mashed Potatoes/Marg Seasoned Broccoli Beet Pickles Mixed Fruit Cup</p>	<p>19</p> <p>Oven Baked Chicken Bread Dressing Parslied Carrots Coleslaw Apple Crisp</p>	<p>20</p> <p>Chili Cornbread Pinapple w/Cottage Cheese Cookie</p> <p></p>	<p>21</p> <p>Music by Andy Speikers Lasagna Green Salad/Dressing French Bread Banana Pudding Dessert</p>	<p>22</p> <p>Roast Beef Alt: Fish Mashed Potatoes/Gravy Peas with Onions Home Made Dinner Roll Orange Slices</p>
<p>25</p> <p>Swiss Steak in Sauce Baked Potato/Marg/Sr Cr Green Beans Pumpkin Nut Cookies</p>	<p>26</p> <p>Birthday Party Tater Tot Hotdish Coleslaw Homemade Dinner Roll Mixed Fruit Cup</p>	<p>27</p> <p>Music by Herb Sellner Italian Chicken Breast Rice Pilaf Buttered Carrots Green Salad/Dressing Cranberry Sauce Cream Puff</p>	<p>28</p> <p>Pork Loin Mashed Potatoes/Gravy Fresh Squash Beet Pickles Flavored Ice Cream</p>	<p>29</p> <p>Meat Loaf Alt: Salmon Loaf Scalloped Potatoes Brussel Sprouts Home Made Dinner Roll Mandarin Orange Desst</p>

'Alternate' on Menu = Diner's Choice

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

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April 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1</p> <p>BBQ Rib Pattie Parsley Buttered Potatoes Pineapple Slice Coleslaw Pears/Caramel Sauce</p>	<p>2</p> <p>Taco Casserole Fruit Salad Seafoam Dessert</p>	<p>3</p> <p>Beef Roast Mashed Potatoes/Gravy Harvard Beets Pea/Pickle/Cheese Salad Homemade Dinner Roll Fresh Banana</p>	<p>Music by Andy Speikers 4</p> <p>Chicken Wild Rice Hotdish Waldorf Salad Pineapple/Cott Cheese Moon Cake</p>	<p>5</p> <p>Ham Balls Alt: Fish Corn Casserole Green Salad/Dressing Fruit Cocktail Cake</p>
<p>Music by The Chets 8</p> <p>Meat Loaf Confetti Rice Parslied Carrots Green Salad/Dressing Fresh Grapes</p>	<p>9</p> <p>Pork Steak Dressing California Blend Veg Carrot Raisin Salad Cranberry Sauce Craisin Bar</p>	<p>Music by Herb Sellner 10</p> <p>Tater Tot Hotdish Peach Half/Cottage Ch Cinn Applesauce Gelatin</p>	<p>11</p> <p>Oven Baked Chicken Calico Beans Coleslaw Dinner Roll Fresh Fruit Cup</p>	<p>Red Hats 12</p> <p>Oven Baked Fish Alt: Crab Salad AuGratin Potatoes Mixed Vegetables Chocolate Poke Cake</p>
<p>15</p> <p>Baked Ham Alt: Salisbury Steak Sweet Potato Casserole Green Beans Beet Pickles Flavored Ice Cream</p>	<p>16</p> <p>Spaghetti/Meat Sauce Green Salad/Dressing Pear Half/Cottage Ch French Bread Brownie</p>	<p>17</p> <p>Chicken ala King Baking Powder Biscuit Peas Mixed Fruit Cup Oatmeal Crispie</p>	<p>Music by Andy Speikers 18</p> <p>Swiss Steak in Gravy Buttered Noodles Seasoned Broccoli Carrot Pineapple Salad Chocolate Cherry Bar</p>	<p>19</p> <p>Roast Turkey  Alt: Fish Mashed Potatoes/Gravy Corn Coleslaw Fruit Cup</p>
<p>22</p> <p>Swedish Meatballs Mashed Potatoes/Marg Seasoned Broccoli Beet Pickles Mixed Fruit Cup</p>	<p>23</p> <p>Oven Baked Chicken Bread Dressing Parslied Carrots Coleslaw Apple Crisp </p>	<p>Music by Herb Sellner 24</p> <p>Goulash Corn Homemade Dinner Roll 3-Bean Salad Cranberry Bog Dessert</p>	<p>25</p> <p>Lasagna Green Salad/Dressing French Bread Banana Pudding Dessert</p>	<p>26</p> <p>Roast Beef Alt: Fish Mashed Potatoes/Gravy Peas with Onions Home Made Dinner Roll Orange Slices</p>
<p>29</p> <p>Swiss Steak in Sauce Baked Potato/Marg/Sr Cr Green Beans Pumpkin Nut Cookies Pears/Caramel Sauce</p>	<p>30</p> <p>Tater Tot Hotdish Coleslaw Homemade Dinner Roll Mixed Fruit Cup</p>	<p>To gather with friends and enjoy a good meal, Semcac's meals are an outstanding deal!</p> 		<p>MEAL SERVED AT 11:30 AM Suggested donations: 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>

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