

Meals are subject to change

Semcac Senior Nutrition

APRIL 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<p>Call: 507-533-4787</p>		<p>DON'T BE FOOLED 1 Sweet Pepper Steak White Rice Yellow Beans Toss Salad Fruit Cocktail Cake</p> <p>ON APRIL FOOLS' DAY!</p>	<p>GOOD FRIDAY 2 Cheese Ham Strata Alt. Cheese Egg Bake Cinnamon Sweet Roll Fresh Fruit Cup Orange Juice</p>
<p>5 Salisbury Steak Alt: Liver and Onions Mashed Potatoes Brussel Sprouts Flavored Ice Cream</p>	<p>6 Garlic Season Pork Loin Oven Roasted Potatoes Grn. Beans/Mushrooms Muffin Baked Apple</p>	<p>7 Chicken Breast Baked Dumpling/Gravy Cole Slaw/Asparagus Mandarin Orange Dessert</p>	<p>8 Hamburger Gravy Over Mashed Potatoes Parslied Carrots Apple Cranberry Crisp/w Whipped Topping</p>	<p>9 Chili /w Crackers Corn Muffin Pineapple Slices Lemon Poppy Seed</p>
<p>12 Swedish Meat Balls Mashed Potatoes/Gravy Herbed Green Beans Mixed Fruit Cup</p>	<p>13 Hamburger w/ Trimmings on Bun Potato Salad Baked Beans w/ Apples Brownie</p>	<p>14 Beef Goulash 3 Bean Salad Beet Pickles Garlic Bread Cookie</p>	<p>15 Taco Casserole Mex. Corn TomatoWedge Corn Bread Cherry Crunch Dessert /w Whipped Topping</p>	<p>16 Chicken Parmesan over Noodles Garlic Brd Romaine Salad Peach Halves Cranberry Mold</p>
<p>19 Baked Chicken Mashed Potatoes/Gravy Broccoli Blushing Pears</p>	<p>20 Beef Stew Muffin Seafoam Salad Rice Krispie Bar</p>	<p>21 Cream Broccoli Soup Chicken Salad/Crackers Strwbry Shortcake /wTpg</p>	<p>EARTH DAY USA 22 BBQ on Bun/Bkd Beans Oven Brownd Potatoes Apple Crisp /w Topping</p> <p>PLEASE RECYCLE</p>	<p>23 Roast Beef Mashed Potatoes/Gravy Harvard Beets Fresh Fruit</p>
<p>26 Swiss Steak/TomatoSce Baked Potato Mixed Veg Orange/Pear Cup</p>	<p>27 Meatloaf Baked Potato Coleslaw Dinner Roll Apple Pie</p>	<p>28 Chicken Alfredo Lasagna Mix Salad/Garlic Bread Pineapple Slice Pudding</p>	<p>29 Roast Pork Mashed Potatoes/Gravy Fresh Squash Fruit Cocktail Cake</p>	<p>ARBOR DAY USA 30 Hamburger Stew Muffin Spiced Peaches Gingerbrd Cake /wTpg</p> 

Alternate on Menu = Diner's Choice

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