

Meals are subject to change

Semcac Senior Nutrition

August 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>In inclement weather: Please visit www.semcac.org Or visit our FB page Or call 507-864-8231</p>	<p>Call by 1:00 PM 507-533-4787 The Day Before For A Meal.</p>			<p>1 Chicken Enchilada Coleslaw Muffin w/ Marg Pineapple Rings Moon Cake *Diab Unswt Fruit</p>
<p>BUNCO 4 Chef Salad Mixed Greens Ham strips – cheese Alt: Chicken Strips Hard cook egg w/ veg garnishes-carrot/cuke Croutons – Muffin w/marg Cantaloupe Cup</p>	<p>5 Meatballs w/ gravy Mashed potatoes Mixed Vegetables Fresh Fruit Cookie</p>	<p>6 Hamwich Alt: Turkeywich Cuke salad w/ sr crm drssing Fruit Cup Chocolate Cherry bar *Diab Cookie</p>	<p>7 Chicken wild rice casserole Tossed salad Carrots Spring dessert *Diab Angel food cake</p>	<p>8 Brat- on bun Alt: Hot Dog on a Bun Potato salad Coleslaw Flavored Ice Cream *Diab Vanilla Ice cream</p>
<p>11 Beef Stroganoff Broccoli Spiced peaches Cookie *Diab cookie</p>	<p>12 Chicken pasta salad Chow mein noodles garn Marinated green beans Muffin Pear Halves *Diab fresh fruit</p>	<p>13 BIRTHDAY Porcupine meatballs Mashed potatoes Corn Spring dessert *Diab Angel food cake</p>	<p>14 BINGO Beef Sand w French Dip Potato Salad Coleslaw Butterscotch Pudding Diab Fruit</p>	<p>15 Kielbasa w/saurkrat garn. Alt: Salisbury steak Baked potato Buttered Carrots Fruited gelatin *Diab applesauce</p>
<p>18 BUNCO BBQ on a Bun Augratin Potatoes Calico beans Melon cup</p>	<p>19 Sweet & Sour pork White rice Tossed salad w/dressing Banana Cookie</p>	<p>20 Hamburger w/fixings on bun Potato Salad Creamy coleslaw Strawberry Shortcake *Diab Angel food cake</p>	<p>21 Baked ham Alt: Chix breast w/ lt sauce Baked potato w/ sr cream Green beans Rocky road pudding *Diab Cookie/bar</p>	<p>22 Spaghetti w meat sauce Green salad Pear slices Garlic bread Brownie</p>
<p>25 Tator tot casserole Green Salad w Dressing Pineapple rings Cookie</p>	<p>26 Meatloaf Baked Potato Peas and Carrots Dinner Roll Apple Pie</p>	<p>27 Turkey and Cheese Sand Potato Salad Carrot Coin Salad Icebox Dessert *Diab Fruit</p>	<p>28 BINGO Chicken Salad on a bun Vegetable pasta salad Fruit cup bar *Diab cookie</p>	<p>29 BBQ Pulled pork on bun Potato salad Cole Slaw Flavored ice cream *Diab Vanilla Ice Cream</p>

Alternate on Menu = Diner's Choice

Supplier Inventory and Supply Chain difficulties continue to make a few changes to our menu likely.