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| Meals are subject to change | | | Semcac Senior Nutrition | | | **OCTOBER 2021** | | |
| **MONDAY** | | **TUESDAY** | | **WEDNESDAY** | **THURSDAY** | | **FRIDAY** |
| apple |  | | |  |  | | **1**  Taco Casserole  Mexican Corn  Cherry Crunch Dessert  W/Topping | |
| **BUNCO 4**  Salisbury Steak  **Alt**: Liver and Onions  Mash Potato  Corn  Flavored Ice Cream | **5**  Baked Ham  **ALT:**Ground Beef Pattie  Baked Sweet Potato  Grn Beans/Mushrooms  Pineapple Tidbits | | | **6**  Chicken Breast  Baked Dumpling/Gravy  Cole Slaw/Asparagus  Mandarin Orange Dessert | **7**  Hamburger Gravy over Noodles  Parsley Carrots  Apple Cranberry Crisp | | **8**  Spaghetti w/ Meat Sauce  Green Salad w Dressing  Pear Half w Cot Cheese  Brownie | |
| **11**  Swedish Meat Balls  Mashed Potatoes  Herbed Green Beans  Mix Fruit Cup | **12**  Chicken Noodle Soup  Crackers  Egg Salad Sandwich  Carrot Coin Salad  Chocolate Cherry Bar | | | **13**  Roast Turkey  Mashed Potatoes/Gravy  Peas & Carrots  Apple Crisp w/Topping | **BINGO 14**  Hamburger w fixings  Potato Salad  Baked Beans w/ Apples  Fruit cup  Cookie | | **15**  Chicken Parmesan  Baked Potato w/Sr Crm  Broccoli – Garlic Biscuit  Cranberry Mold | |
| **BUNCO 18**  Baked Chicken  Mashed Potato/Gravy  Broccoli  Blushing Pears | **BIRTHDAY 19**  Roast Beef  Mashed Potato/Gravy  Corn w/Pimento  Cherry Crisp w/Topping | | | **20**  Tater Tot Hotdish  Tossed Salad - Biscuit  Pickle Spear  Mixed Fruit Cup | **21**  Beef Stew  Bread Roll  Seafoam Salad  Rice Krispie Bar | | **22**  Cream Of Broccoli Soup  Crackers  Chicken Salad on Bun  Strawberry Short Cake | |
| **25**  Swiss Steak/Tomato Sce  Baked or Mashed Potato  Mixed Veg Medley  Pudding | **26**  Meatloaf  Baked Potato w/Sour Cr  Peas Dinner Roll  Apple Pie | | | **27**  Chicken Alfredo Lasagna  Mixed Green Salad  Garlic Bread  Pineapple Slice  Pear Cup | **BINGO 28**  BBQ on Bun  Baked Beans  Oven Browned Potato  Cake | | **29**  Hamburger Stew  .Spiced Peaches  Gingerbread Cake  w/ Topping | |

**Alternate** on Menu = Diner’s Choice **‘OR’** on Menu = Site Staff Choice based on diner preference

**CALL: 507-533-4787**