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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 OnionsMash PotatoCornFlavored Ice Cream | **5**Baked Ham**ALT:**Ground Beef PattieBaked Sweet PotatoGrn Beans/MushroomsPineapple Tidbits | **6**Chicken BreastBaked Dumpling/Gravy Cole Slaw/AsparagusMandarin Orange Dessert | **7**Hamburger Gravy over NoodlesParsley CarrotsApple Cranberry Crisp | **8**Spaghetti w/ Meat SauceGreen Salad w DressingPear Half w Cot CheeseBrownie |
| **11**Swedish Meat BallsMashed PotatoesHerbed Green BeansMix Fruit Cup | **12**Chicken Noodle SoupCrackersEgg Salad SandwichCarrot Coin SaladChocolate Cherry Bar | **13**Roast TurkeyMashed Potatoes/GravyPeas & CarrotsApple Crisp w/Topping | **BINGO 14**Hamburger w fixings Potato SaladBaked Beans w/ ApplesFruit cupCookie | **15**Chicken ParmesanBaked Potato w/Sr CrmBroccoli – Garlic BiscuitCranberry Mold |
| **BUNCO 18**Baked ChickenMashed Potato/GravyBroccoliBlushing Pears | **BIRTHDAY 19**Roast Beef Mashed Potato/GravyCorn w/PimentoCherry Crisp w/Topping | **20**Tater Tot HotdishTossed Salad - BiscuitPickle SpearMixed Fruit Cup | **21**Beef StewBread RollSeafoam SaladRice Krispie Bar | **22**Cream Of Broccoli SoupCrackers Chicken Salad on BunStrawberry Short Cake |
| **25**Swiss Steak/Tomato SceBaked or Mashed PotatoMixed Veg Medley Pudding | **26**MeatloafBaked Potato w/Sour CrPeas Dinner Roll Apple Pie  | **27**Chicken Alfredo LasagnaMixed Green SaladGarlic BreadPineapple SlicePear Cup | **BINGO 28**BBQ on BunBaked BeansOven Browned PotatoCake | **29**Hamburger Stew.Spiced PeachesGingerbread Cakew/ Topping |

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

**CALL: 507-533-4787**