


**Semcac Senior Nutrition  
STEWARTVILLE**

**FEBRUARY 2024**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><i>For more information or to make a reservation call: 507-533-4787</i></p>		<p><i>PLEASE - - -</i> <b>MAKE MEAL RESERVATIONS OR CANCELLATIONS 24 HOURS IN ADVANCE THANKS!!</b></p>	<p>1 Roast Pork Mashed Potatoes/Gravy Fresh Squash Fruit Cocktail Cake *Diab: Fresh Fruit</p>	<p>2 Hamburger Stew Spiced Peaches Mild Gingerbread Cake with Whipped Topping *Diab: Fruit</p>
<p>5 Chili Con Carne Pineapple Slices Corn Muffin/Margarine Flavored Ice Cream Orange/Pear Cup</p>	<p>6 <b>Birthday Party</b> Chicken Pot Pie Tossed Salad w/Fixings Beet Pickles Starburst Cake *Diab: Fruit Cup</p>	<p>7 Meatballs with Gravy Mashed Potatoes Corn Pudding *Diab: Mandarin Oranges</p>	<p>8 <b>BINGO</b> Hamb on Bun w Fixings Potato Salad Baked Beans w Apples Cookie</p>	<p>9 Beef Pot Roast with/Vegetables Fresh Orange Apple Crisp *Diab: Apple Sauce</p>
<p>12 <b>BUNCO</b> Hamburger Veg. Soup Crackers Egg Salad Sand or Tuna Pear Cup Flavored Ice Cream *Diab: Van Ice Cream</p>	<p>13 Porcupine Meatballs Mashed Potatoes Corn/Pimento Cherry crisp w/Topping *Diab Angel Food Cake</p>	<p>14 Seashore Tuna Casserole <b>Alt:</b> Beef Stroganoff Mixed Green Salad Tomato Wedge Muffin w/Margarine Moon Cake</p>	<p>15 Rosemary Pork Roast Mashed Potatoes/Gravy Carrots Fresh Banana Cookie</p>	<p>16 Baked Fish <b>Alt:</b> Burger Patty Roasted Potatoes Cole Slaw Chocolate Chip Cookie *Diab: Cookie</p>
<p>19 Ham &amp; Scal Potatoes <b>Alt:</b> Beef &amp; Scal Pot Potato Dilled Carrots Green Salad Fruit Cup</p>	<p>20 Creamy Chicken Parm Rice Pilaf Fresh Squash  Orange Bar *Diab: Pineapple Tidbits</p>	<p>21 Meat Lasagna Tossed Salad Garlic Bread Lemon Crackle Cookie *Diab: Fruit</p>	<p>22 <b>BINGO</b> Hot Turkey over Bread Mashed Potatoes/Gravy Green Beans Pumpkin Bar *Diab: Angel Food Cake</p>	<p>23 Vegetable Soup Crackers Egg Salad on Bun Macaroni Fruit Salad Oatmeal Cake *Diab: Cookie</p>
<p>26 <b>BUNCO</b> Ham Balls <b>Alt:</b> Beef Patty Baked Potato /SC Peas &amp; Carrots Yogurt Fruit Cup</p>	<p>27 Meat Loaf Baked Potato w SC Dilled Carrots Dinner Roll Apple Pie *Diab: Angel Food Cake</p>	<p>28 Ham &amp; Bean Soup Cheese on Rye Cinn Apple Gelatin Coconut Custard Bar *Diab: Angel Food Cake</p>	<p>29 Beef Sand w French Dip Potato Salad Cole Slaw Ice Box Dessert *Diab: Fruit</p>	

**Alternate** on Menu = Diner's Choice

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