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| Meals are subject to change | | | Semcac Senior NutritionStewartville | | | **February 2025** | | |
|  | | **TUESDAY** | | **WEDNESDAY** | **THURSDAY** | | **FRIDAY** |
| BUNCO 3  Chili  Pineapple Slices  Corn Muffin/Marg  Flavored Ice Cream  \*Diab Vanilla Ice Cream | 4  Chicken Pot Pie  Tossed Salad/Fixings  Starburst Cake  Starburst Cake  \*Diab Fruit Cup | | | 5  Meatballs w/Gravy  Mashed Potatoes  Corn  Pudding  \*Diab Banana | 6  Hot Hamwich  **Alt:** Turkeywich  Macaroni Salad  Marinated Green Beans  Apple Crisp w topping | | 7  Meat Lasagna  Tossed Salad w/Dressing  5-Cup Fruit Salad  Garlic Bread  Cookie  \*Diab Cookie | |
| 10  Tator Tot Casserole  Tossed Salad  Pickle Spear  Mixed Fruit Cup | 11  Rosemary Pork Roast  Cinnamon Applesauce  Mashed Potatoes/Gravy  Squash  Fresh Banana | | | 12  Vegetable Soup  Crackers  BBQ on Bun  Fruit Cup  Chocolate Cherry Bar  \*Diab Cookie | BINGO 13  Creamy Chicken Parmesan  Rice Pilaf  Peas  7 Layer Salad  Cookie/Bar  \*Diab Pineapple Tidbits | | **Valentine’s Day 14**  Swedish Meatballs  Mashed Potatoes  Corn/Pimento  Cherry Crisp w/Topping  \*Diab Angel Food Cake | |
| BUNCO 17  Smothered Chicken  **Alt:** Liver and Onions  Mashed Potatoes  California Blend Veg  Cookie | 18  Hamburger on a Bun  with fixings  Potato Salad  Baked beans w/Apples  Fruit Cup | | | BIRTHDAY PARTY 19  Baked Turkey  Mashed Potatoes/Gravy  Green Bean Casserole  Pumpkin Crisp  \*Diab Cookie/Bar | 20  Beef Sand W/ French Dip  Potato Salad  Coleslaw  Chocolate Pudding | | 21  Ham & Bean Soup  Cheese on Rye  Cinnamon Applesauce Gel  Lemon Poppy Seed Cake  \*Diab Angel Food Cake | |
| 24  Ham Balls  **Alt:** Beef Patty  Scalloped Potatoes  Corn  Yogurt Fruit Cup | 25  Meatloaf  Baked Potato w SC  Peas and Carrots  Dinner Roll  Apple pie | | | 26  Spaghetti  Tossed Salad  Garlic Bread  Pineapple Ring  Oatmeal Choc Chip Cookie | BINGO 27  Taco Casserole  Mexican Corn  Cornbreaf  Cookie  \*Diab Cookie | | 28  Beef Pot Roast w/Veg  Waldorf Gelatin Salad  Fresh Oranges | |
| **In Inclement Weather:**  **Please visit** [**www.semcac.org**](http://www.semcac.org)  **Or visit our FB page**  **Or call 507-864-8231** | **Call Before 1pm**  **507-533-4787** | | |  |  | |  | |
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**Alternate** on Menu = Diner’s Choice

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