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| Meals are subject to change |  Semcac Senior Nutrition  Stewartville  | **February 2025** |
|  | **TUESDAY** | **WEDNESDAY** | **THURSDAY** | **FRIDAY** |
| BUNCO 3Chili Pineapple SlicesCorn Muffin/MargFlavored Ice Cream\*Diab Vanilla Ice Cream | 4Chicken Pot PieTossed Salad/FixingsStarburst CakeStarburst Cake\*Diab Fruit Cup | 5 Meatballs w/GravyMashed PotatoesCornPudding\*Diab Banana | 6Hot Hamwich**Alt:** TurkeywichMacaroni SaladMarinated Green BeansApple Crisp w topping | 7Meat LasagnaTossed Salad w/Dressing5-Cup Fruit SaladGarlic BreadCookie\*Diab Cookie |
| 10Tator Tot CasseroleTossed SaladPickle SpearMixed Fruit Cup | 11Rosemary Pork RoastCinnamon ApplesauceMashed Potatoes/GravySquashFresh Banana | 12Vegetable SoupCrackersBBQ on BunFruit CupChocolate Cherry Bar\*Diab Cookie | BINGO 13Creamy Chicken ParmesanRice PilafPeas7 Layer SaladCookie/Bar\*Diab Pineapple Tidbits |  **Valentine’s Day 14**Swedish MeatballsMashed PotatoesCorn/PimentoCherry Crisp w/Topping\*Diab Angel Food Cake |
| BUNCO 17Smothered Chicken**Alt:** Liver and OnionsMashed PotatoesCalifornia Blend VegCookie | 18Hamburger on a Bunwith fixingsPotato SaladBaked beans w/Apples Fruit Cup | BIRTHDAY PARTY 19Baked TurkeyMashed Potatoes/GravyGreen Bean CasserolePumpkin Crisp\*Diab Cookie/Bar | 20Beef Sand W/ French DipPotato SaladColeslawChocolate Pudding | 21Ham & Bean SoupCheese on RyeCinnamon Applesauce GelLemon Poppy Seed Cake\*Diab Angel Food Cake |
| 24Ham Balls**Alt:** Beef PattyScalloped Potatoes CornYogurt Fruit Cup | 25MeatloafBaked Potato w SCPeas and CarrotsDinner RollApple pie | 26SpaghettiTossed SaladGarlic BreadPineapple RingOatmeal Choc Chip Cookie | BINGO 27Taco CasseroleMexican CornCornbreafCookie\*Diab Cookie | 28Beef Pot Roast w/VegWaldorf Gelatin SaladFresh 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.**