




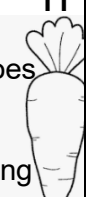





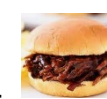




# Semcac Senior Nutrition

## STEWARTVILLE

JANUARY 2024

Meals are subject to change

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <p>1</p>	<p>2</p> <p>Chicken ala King Over/Biscuit Seasoned Peas Coleslaw Mixed Fruit Cup</p> 	<p>3</p> <p>Beef Enchilada Casserole Carrots Pear Half/Cranberry Sauce Coconut Custard Square *Diab Cookie</p>	<p>4</p> <p>Sweet Pepper Steak over Rice Green Beans Spiced Peaches Cookie</p> 	<p>5</p> <p>Baked Fish/Tartar Sauce Alt: Burger Patty Hashbrn AuGratin Potat Whole Kernel Corn Fresh Oranges</p> 
<p><b>BUNCO</b> 8</p> <p>Swiss Steak Alt: Liver and Onions Mashed Potato Mixed Vegetables Flavored Ice Cream Diab: Vanilla Ice Cream</p>	<p>9</p> <p><b>BIRTHDAY PARTY</b> Garlic Season Pork Loin Oven Roasted Potatoes Grn Beans/Mushrooms Baked Apple</p> 	<p>10</p> <p>Chicken Breast Baked Dumpling/Gravy Broccoli Coleslaw Mandarin Orange Dessert *Diab Mandarin Oranges</p>	<p><b>BINGO</b> 11</p> <p>Hamburger Gravy Over/Mashed Potatoes Parslied Carrots Apple Cranberry Crisp With/Whipped Topping *Diab Applesauce</p> 	<p>12</p> <p>Chili Crackers Pineapple Slices Corn Muffin W/Marg Lemon/Poppy Seed Cake *Diab Angel Food Cake</p> 
<p><b>CLOSED</b> 15</p> <p><i>I Have A Dream</i>  <i>Martin Luther King, Jr. Day</i></p>	<p>16</p> <p>Beef Sandwich W French Dip Potato Salad Coleslaw Icebox Dessert *Diabetic Fruit</p>	<p>17</p> <p>Cheesy Broccoli Soup Chicken salad on a Bun Crackers Fruit Cup Cookie</p>	<p>18</p> <p>Goulash 3-Bean Salad Beet Pickles Fresh Orange</p> 	<p>19</p> <p>Swedish Meatballs Mashed Potatoes Herbed Green Beans Yogurt Fruit Cup</p>
<p><b>BUNCO</b> 22</p> <p>Baked Chicken Mashed Potatoes/Gravy Broccoli Blushing Pears *Diab Pear Cup</p> 	<p>23</p> <p>Beef Stew Romaine Salad Seafoam Salad Rice Krispie Bar *Diab Cookie</p> 	<p>24</p> <p>Veg Beef Barley Soup Crackers Egg Salad Sand Five Fruit Cup Salad Peanut Butter Brownie *Diab Cookie</p>	<p><b>BINGO</b> 25</p> <p>Hamb on a Bun w/Fixings Potato Salad Baked Beans Apple Crisp W/Whipped Topping *Diab Fruit</p> 	<p>26</p> <p>Roast Beef Mashed Potatoes/Gravy Harvard Beets Fresh Fruit</p> 
<p>29</p> <p>Swiss Steak/Tomato Sc Baked Potato Mixed Vegetables Orange/Pear Cup</p> 	<p>30</p> <p>Meatloaf Baked Potato Dilled Carrots Dinner Roll Apple Pie</p>	<p>31</p> <p>Meat Lasagna Mixed Green Salad Garlic Bread Pineapple Slices Pudding *Diab Mandarin Oranges</p>	<p><b>PLEASE - - -</b> <b>MAKE MEAL</b> <b>RESERVATIONS OR</b> <b>CANCELLATIONS 24</b> <b>HOURS IN ADVANCE</b> <b>THANKS!!</b></p>	<p><b>For more</b> <b>information</b> <b>or to make a</b> <b>reservation call:</b> <b>507-533-4787</b></p>

May all your troubles last as long as your New Year's Resolutions ☺