

Meals are subject to change

Semcac Senior Nutrition

JANUARY 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Call 507-533-4787 For a meal</p>		<p>1 NEW YEAR'S - CLOSED</p>	<p>2 Chicken Breast Mashed Potatoes/Gravy California Blend Mandarin Orange Dessert *Diab Madarin Oranges</p>	<p>3 Beef Stroganoff Peas & Carrots Cranberry Muffin w/Marg Cherry Crisp *Diab Angel Food cake</p>
<p>6 BUNCO Salisbury Steak Mashed Potatoes Green beans Flavored Ice Cream *Diab Vanilla Ice Cream</p>	<p>7 Garlic Season Pork Loin Scalloped Potatoes Corn Muffin w/ marg Baked Apple</p>	<p>8 Baked Ham Baked Sweet Potato Green Bean Casserole Cookie *Diab Angel Food Cake</p>	<p>9 BINGO Hamburger w/ Fixings Potato Salad Baked beans w/ Apple Apple Crisp w/ Whip *Diab applesauce</p>	<p>10 Vegetable Soup Crackers Egg Salad Macaroni Fruit Salad Oatmeal Cake *Diab Cookie</p>
<p>13 Swedish Meatballs Mashed Potatoes w/Marg Herbed Green Beans Mixed Fruit Cup</p>	<p>14 BIRTHDAY Taco Casserole Mexican Corn Corn Bread w/Marg Cherry Crunch Dessert With whipped topping *Diab Peaches</p>	<p>15 Creamed Chicken Over Biscuit Diced Carrots Fruit Cocktail Cake *Diab Cookie</p>	<p>16 Goulash Green Beans Garlic Bread Baked Apple</p>	<p>17 Tater Tot Casserole Tossed Salad Pickle Spere Mixed Fruit Cup</p>
<p>20 CLOSED MARTIN LUTHER KING</p>	<p>21 BBQ Pork on Bun Augratin Potatoes Baked Beans Apple Crisp w/Whpd Tpg *Diab Fruit</p>	<p>22 Cream of Broccoli Soup Crackers Chicken Salad Strawberry Shortcake/Top *Diab Fruit Cup</p>	<p>23 BINGO Beef Sand w French dip Potato Salad Coleslaw Chocolate Pudding</p>	<p>24 Beef Stew Seafoam salad Dinner Roll Rice Krispie Bar *Diab cookie</p>
<p>27 Swiss Steak in Tomato Sc Mashed Potatoes Mixed Vegetables Orange/Pear Cup</p>	<p>28 MEATLOAF Baked Potato/ SC Peas & Carrots Dinner Roll Apple Pie *Diab Cookie/Bar</p>	<p>29 Chicken Alfredo Lasagna Mixed Green Salad Garlic Bread Pineapple Slices *Diab Mandarin Oranges</p>	<p>30 Roast Pork Mashed Potatoes w/Gravy Fresh Squash Fruit Cocktail Cake *Diab Fresh Fruit</p>	<p>31 Hamburger Stew Spiced Peaches Dinner Roll Mild Gingerbread Cake w/Whipped Topping *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.