


Meals are subject to change

Semcac Senior Nutrition

January 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>In inclement weather: Please visit www.semcac.org Or visit our Facebook page Or call 507-864-8231</p>	<p>Call: 507-533-4787 Before 1:00 PM For A Meal</p>		<p>January 1 CLOSED</p> 	<p>January 2 CLOSED</p> 
<p>BUNCO 5</p> <p>Hamburger on a Bun w/ Fixings Potato Salad Baked Beans Fresh Fruit</p>	<p>6</p> <p>Taco Casserole Corn Bread w/Marg Mexican Corn Cherry Crunch Dessert with Whipped Topping *Diab Peaches</p>	<p>7</p> <p>Baked Ham Alt: Chicken Breast Baked Sweet Potato Green Bean Casserole Lemon Bar *Diab Angel Food Cake</p>	<p>BINGO 8</p> <p>Hamburger Gravy Over Mashed Potatoes Parslied Carrots Apple Crisp with Whipped Topping *Diab Applesauce</p>	<p>9</p> <p>Vegetable Soup Crackers Egg Salad on Bun Macaroni Fruit Salad Oatmeal Cake *Diab Cookie</p>
<p>12</p> <p>Swedish Meatballs Mashed Potatoes/Marg Herbed Green Beans Mixed Fruit Cup</p>	<p>13</p> <p>Salisbury Steak Alt: Liver & Onions Mashed Potatoes Corn Flavored Ice Cream *Diab Vanilla Ice Cream</p>	<p>BIRTHDAY PARTY 14</p> <p>Creamed Chicken over Biscuit Diced Carrots Coleslaw Gingerbread Cake/Whip top *Diab Cookie</p>	<p>15</p> <p>Goulash Lettuce Salad P/A Slices Garlic Bread Fresh Banana</p>	<p>16</p> <p>Breakfast Wrap Sausages Fruit Cup Chocolate Chip Muffin</p>
<p>19</p> <p>Holiday – Closed</p>	<p>20</p> <p>Chicken Breast Mashed Potatoes/Gravy Broccoli Blushing Pears *Diab Pear Cup</p>	<p>21</p> <p>BBQ on A Bun Augratin Potatoes Baked Beans Fresh Fruit</p>	<p>BINGO 22</p> <p>Beef Sand w/French Dip Potato Salad Coleslaw Chocolate Pudding</p>	<p>23</p> <p>Beef Stew Seafoam Salad Corn Bread w/Marg Rice Krispie Bar *Diab Cookie</p>
<p>26</p> <p>Swiss Steak in Tomato Sc Mashed Potatoes Mixed Vegetables Mand Orange/Pear Cup</p>	<p>27</p> <p>Meatloaf Baked Potato w/sr cream Peas & Carrots Dinner Roll Apple Pie</p>	<p>28</p> <p>Chicken Alfredo Lasagna Mixed Green Salad Garlic Bread Pineapple Slices Pudding *Diab Mandarin Oranges</p>	<p>29</p> <p>Roast Pork Mashed Potatoes/Gravy Fresh Squash Fruit Cocktail Cake *Fresh Fruit</p>	<p>30</p> <p>Hamburger Stew Spiced Peaches Muffin w/Marg Mild Gingerbread Cake with Whipped Topping *Diab Fruit</p>

In Inclement weather: Please visit www.semcac.org or visit our Facebook page or call 507-864-8231