

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 Hamburger on a Bun w/ Fixings Potato Salad Baked Beans Fresh Fruit</p>	<p>5 Taco Casserole Corn Bread w/Marg Mexican Corn Cherry Crunch Dessert with Whipped Topping *Diab Peaches</p>	<p>6 Baked Ham Alt: Chicken Breast Baked Sweet Potato Green Bean Casserole Lemon Bar *Diab Angel Food Cake</p>	<p>7 Hamburger Gravy Over Mashed Potatoes Parslied Carrots Apple Crisp with Whipped Topping *Diab Applesauce</p>	<p>8 BINGO Hamburger Gravy Over Mashed Potatoes Parslied Carrots Apple Crisp with Whipped Topping *Diab Applesauce</p>
<p>12 Swedish Meatballs Mashed Potatoes/Marg Herbed Green Beans Mixed Fruit Cup</p>	<p>13 Salisbury Steak Alt: Liver & Onions Mashed Potatoes Corn Flavored Ice Cream *Diab Vanilla Ice Cream</p>	<p>14 CREAMED CHICKEN over Biscuit Diced Carrots Coleslaw Gingerbread Cake/Whip top *Diab Cookie</p>	<p>15 Goulash Lettuce Salad P/A Slices Garlic Bread Fresh Banana</p>	<p>9 Vegetable Soup Crackers Egg Salad on Bun Macaroni Fruit Salad Oatmeal Cake *Diab Cookie</p>
<p>Holiday – Closed</p>	<p>19 Chicken Breast Mashed Potatoes/Gravy Broccoli Blushing Pears *Diab Pear Cup</p>	<p>20 BBQ on A Bun Augratin Potatoes Baked Beans Fresh Fruit</p>	<p>21 BINGO Beef Sand w/French Dip Potato Salad Coleslaw Chocolate Pudding</p>	<p>16 Breakfast Wrap Sausages Fruit Cup Chocolate Chip Muffin</p>
<p>26 Swiss Steak in Tomato Sc Mashed Potatoes Mixed Vegetables Mand Orange/Pear Cup</p>	<p>27 Meatloaf Baked Potato w/sr cream Peas & Carrots Dinner Roll Apple Pie</p>	<p>28 Chicken Alfredo Lasagna Mixed Green Salad Garlic Bread Pineapple Slices Pudding *Diab Mandarin Oranges</p>	<p>29 Roast Pork Mashed Potatoes/Gravy Fresh Squash Fruit Cocktail Cake *Fresh Fruit</p>	<p>23 Beef Stew Seafoam Salad Corn Bread w/Marg Rice Krispie Bar *Diab Cookie</p>
				<p>30 Hamburger Stew Spiced Peaches Muffin w/Marg Mild Gingerbread Cake with Whipped Topping *Diab Fruit</p>

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