

Meals are subject to change

Semcac Senior Nutrition

JANUARY 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Salisbury Steak Alt: Liver and Onions Mashed Potato Corn Flavored Ice Cream	4 Baked Ham ALT: Ground Beef Pattie Baked Sweet Potato Grn Beans/Mushrooms Pineapple Tidbits	5 Chicken Breast Baked Dumpling/Gravy Cole Slaw Corn Mandarin Orange Dessert	6 Hamburger Gravy over Mashed Potatoes Parsley Carrots Apple Cranberry Crisp	7 Kielbasa Alt: Baked Fish Baked Potato w/ sc Green Beans Mandarin Orange Dessert
BUNCO 10 Swedish Meat Balls Mashed Potatoes Herbed Green Beans Puuding	11 Vegetable Soup Crackers Egg Salad Sandwich Carrot Coin Salad Chocolate Cherry Bar	12 Roast Turkey Mashed Potatoes/Gravy Peas & Carrots Apple Crisp w/Topping	BINGO 13 Chicken Parmesan Baked Potato w/Sr Crm Broccoli Biscuit Cranberry Mold	14 Enchilada Casserole Lettuce & Sour Cream Mexican Corn Cherry Crunch Dessert w/Topping
Rev. Dr. MLK Day 17 Baked Chicken Mashed Potato/Gravy Broccoli Blushing Pears	BIRTHDAY 18 Roast Beef Mashed Potato/Gravy Corn w/Pimento Cherry Crisp w/Topping	19 Tater Tot Hotdish Tossed Salad Biscuit Pickle Spear Mixed Fruit Cup	20 Beef Stew Seafoam Salad Rice Krispie Bar	21 Cream Of Broccoli Soup Crackers Chicken Salad on Bun Fruit Cup Cookie
BUNCO 24 Swiss Steak/Tomato Sce Baked Potato Mixed Veg Medley Puuding	25 Taco Salad w Cheese Tostado Chips Grapes Cookie	26 Meatloaf Baked Potato/sc Coleslaw Dinner Roll Apple Pie	BINGO 27 BBQ on Bun Baked Beans Oven Brownd Potato Cake	28 Hamburger Stew Spiced Peaches Gingerbread Cake w/Topping
31 Chili Con Carne/Cheese Pear Half Corn Muffin/Marg Flavored Ice Cream *Diab Vanilla Ice Cream	Call: 507-533-4787			

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