

Semcac Senior Nutrition

JULY 2024

STEWARTVILLE

Meals are subject to change

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Chef Salad Mixed Grns Ham Strips, Hd Ckd Egg, Alt: Chix Brst Strips -Tom Wedge, Croutons Muffin Cantaloupe Cup	2 Brats & Saurkrat w/Bun Alt: Beef Pattyw/Bun Sliced Dill pickle Oven Browned Potatoes Baked Beans & Apples Ice Cream	3 Chicken Parmesan Mashed Potatoes Broccoli Starburst Cake *Diab Angelfood Cake	4 <p style="text-align: center;">Closed</p>	5 <p style="text-align: center;">Closed</p>
BUNCO 8 Meatballs w/Gravy Mashed Potatoes Carrots Spiced Peaches Cookie	9 Chicken Romaine Salad Alt: Crab Salad Melon Wedge Applesauce Raisin Bar *Diab Applesauce	10 Hamwich Alt: Turkeywich Cuke Salad/Sr Crm Dress Fresh Fruit Chocolate Cherry Bar *Diab Cookie	BINGO 11 Hamburger w/Fixings on a Bun Potato Salad Creamy Coleslaw Flavored Ice Cream *Diab Vanilla Ice Cream	12 Spaghetti w/Meat Sauce Garlic Bread Green Salad w/Dressing Pear Half w/Cottage Ch Melon Cup
15 BBQ on Bun Au Gratin Potatoes Calico Beans Fresh Orange	16 Ham and Cheese Pasta On/Lettuce Alt: Chix/Cheese Pasta Melon Wedge Crumb Cake *Diab Banana	17 Kielbasa w/Saurkraut Alt: Salisbury Steak Baked Potato Green Beans Melon Cup 	BIRTHDAY 18 Beef Sand w/French Dip Potato Salad Coleslaw Ice Box Dessert *Diab Cookie	19 Tator Tot Casserole Green Salad w/dressing Pickle Spear Coconut Custard Pie Sq *Diab Cookie/Bar
BUNCO 22 Taco Salad w/Tostato Chips/Fixings Mexican Corn Fruit Cup	23 Chicken Salad Sandwch Fruited Coleslaw Green Beans/Pea Salad Cookie or Bar *Diab Cookie	24 Ham Balls Alt: Beef Patty Pars Boiled Red Potatoes Cauliflower Fruit Cup	BINGO 25 Rosemary Roast Pork Mashed Potatoes/Gravy Peas and Carrots Strawberry Phoo Phoo *Diab Angelfood Cake	26 Brats/Sauerkraut on Bun Alt: Hot Dog on Bun Potato Salad Baked Beans Watermelon Slice
29 Egg Salad Sand Vegetable Pasta Salad Fruit Cup Bar	30 Meatloaf Baked Potato w/Sr Crm Peas & Carrots Dinner Roll Apple Pie	31 Chicken Salad Sandwich Coleslaw Fruit Salad Cookie *Diab Cookie	PLEASE - - - MAKE MEAL RESERVATIONS OR CANCELLATIONS 24 HOURS IN ADVANCE THANKS!!	
			CALL 507-533-4787	

Alternate on Menu = Diner's Choice

Supplier Inventory and Supply Chain difficulties continue to make a few changes to our menu likely.