



Meals are subject to change

Semcac Senior Nutrition - Stewartville

July 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>In inclement weather: Please visit www.semcac.org Or visit our FB page Or call 507-864-8231</p>	<p>1 Egg Salad on a Bun Vegetable Pasta Salad Fruit Cup Cookie</p>	<p>2 Ham & Cheese Sandwich Alt: Turkey & Cheese Sand Potato Salad Carrot Coin Salad Ice Box Dessert *Diab Cookie</p>	<p>3 Kielbasa Alt: Salisbury Steak Baked Potato SC Green Beans Fruited Gelatin *Diab Applesauce</p>	<p>4 HOLIDAY CLOSED </p>
<p>7 Bunco BBQ on a Bun AuGratin Potatoes Calico Beans Melon Cup</p>	<p>8 Sweet & Sour Pork White Rice Tossed Salad w/Dressing Pea-Pickle-Cheese Salad Orange</p>	<p>9 Hamburger w/Fixings on Bun Potato Salad Creamy Coleslaw Strawberry Shortcake *Diab Angel Food Cake</p>	<p>10 Bingo Baked Ham Alt: Chix Breast w/Lt Sauce Baked Potato w/Sr Cream Glazed Carrots Rocky Road Pudding</p>	<p>11 Spaghetti w Mt Sc Green Salad Diced Pears Garlic Bread Brownie</p>
<p>14 Tator Tot Casserole Salad w Dressing Pineapple Rings Fruit Cocktail Cake *Diab Cookie</p>	<p>15 Smothered Chicken Alt: Liver & Onions Mashed Potatoes California Blend Veg Cookie</p>	<p>16 Beef Sand w French Dip Potato Salad Coleslaw Choc Pudding *Diab fruit </p>	<p>1 Hamb Vegetable Soup Egg Salad on a Bun Fresh Fruit Cup Cookie</p>	<p>18 BBQ Pulled Pork on Bun Scalloped Potatoes Carrot Coin Salad Flavored Ice Cream *Diab Vanilla Ice Cream</p>
<p>21 Bunco Ham Balls Alt: Beef Patty Parslied Boiled Red Potato Broccoli Fresh Orange</p>	<p>22 Ham And Cheese Pasta Alt: Chix & Cheese Pasta Mixed Greens Melon Wedge Cookie</p>	<p>23 Birthday Party Taco Salad w/ Tostato Chips & Fixings Mexican Corn Starburst Cake</p>	<p>24 Bingo Chicken Salad Sandwich Fruited Coleslaw 3 Bean Salad Cookie</p>	<p>25 Pork Chow Mein over Rice Tossed Salad Orange Chocolate Yum Yum</p>
<p>28 Goulash Garlic Bread Fruit Cup Choc Chip Cookie *Diab Cookie</p>	<p>29 Meatloaf Baked Potato SC Peas and Carrots Dinner Roll Apple Pie</p>	<p>30 Chicken Romaine Salad Alt: Crab Salad Melon Wedge Muffin w/Marg Applesauce Raisin Bar *Diab Applesauce</p>	<p>31 Rosemary Roasted Pork Mashed Potatoes w/Gravy Squash Hawaiian Cake *Diab Pineapple Tidbits</p>	<p>Please make reservations or cancellations at least 24 hours in advance 507-533-4787</p>

Alternate on Menu = Diner's Choice

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