













Semcac Senior Nutrition Stewartville

JULY 2022

Meals are subject to change

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
PLEASE - - - MAKE MEAL RESERVATIONS OR CANCELLATIONS 24 HOURS IN ADVANCE THANKS!! 	For more information or to make a reservation call: 507-533-4787	"To gather with friends and enjoy a good meal, Semcac's meals are an outstanding deal." 		1 Chicken Salad Sandwich Fruited Coleslaw Green Bean & Pea Salad Cookie or Bar *Diab: Cookie
CLOSED FOR JULY 4 HOLIDAY 	5 Creamy Chicken Parm Rice Pilaf Peas Peach Halves Cookie	6 Taco Salad Corn Relish Starburst Cake *Diab: Angelfood Cake 	7 Fruity Chicken Salad 3 Bean Salad Creamy Cole Slaw Muffin Coconut/Pineapple Bar *Diab: Fruit 	8 Brats w/Kraut & Onion Alt: Hot Dog/Bun Sliced Dill Pickle Kidney/Garbanzo Salad Potato Salad Watermelon Slice
BUNCO 11 Tuna Salad Sandwich Alt: Turkey on a Bun Potato Salad Carrot Raisin Salad Melon 	REFERENDUM 12 Hamburger Stroganoff Over Noodles California Blend Veg. Spiced Peaches Cookie *Diab: Cookie	13 Chicken Breast/lite Gravy Mashed Potatoes Broccoli Pear Cup 	BINGO 14 Roast Beef Mashed Potatoes/Gravy Beets Melon Cup 	15 Beef Enchilada Casserole Tossed Salad/Dressing Pineapple Rings Moon Cake *Diab: Unsweetened Fruit
BIRTHDAY 18 Spaghetti w/ Meat Sauce Green Salad w/Dressing Garlic Bread Pear Half w/ Cottage Cheese Brownie *Diab: Mix Fruit Cup	19 Chef Salad/ Ham Strips Alt: Chix Breast Strips Cheese, Egg, Croutons Tomato/Cuke/Dressing Hawaiian Cake *Diab: Angel Food Cake	20 Brats w/Kraut & Onion Alt: Hamb/Onion/Tomato Sliced Dill Pickle Potato Salad Baked Bean w/ Apple Watermelon Slice	21 Swedish Meatballs Mashed Potatoes Corn Spring Dessert *Diab: Angel Food Cake 	22 BBQ Pull Pork on Bun Cheesy Hashbrowns Dilled Carrots Flavored Ice Cream *Diab: Vanilla Ice Cream
BUNCO 25 Smothered Chicken Alt: Liver and Onions Mashed Potatoes California Veg. Blend Melon Cup 	26 Meatloaf Baked Potato/ SC Peas Dinner Roll Apple Pie *Diab: Applesauce	27 Pork Chow Mein Over Rice Tossed Salad /Dressing Pineapple Rings Chocolate Yum Yum *Diab: Fresh Fruit Cup 	BINGO 28 Kielbasa/Kraut Alt: Baked Fish Parsnips Boiled Potatoes Cauliflower Fruit Cup	29 Taco Salad Mexican Black Beans Strawberry Phoo Phoo *Diab: Angel Food Cake