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| Meals are subject to change | | Semcac Senior Nutrition | | | **JULY 2021** | | |
| **MONDAY** | **TUESDAY** | | **WEDNESDAY** | **THURSDAY** | | **FRIDAY** |
| apple |  | |  | 1  Roast Beef  Mashed Potatoes  Beets  Fresh Fruit  Dinner Roll  Cookie | | **2**  Brats w/ Kraut  **Alt:** Burger w/ Fixings  Potato salad  Baked Beans  Watermelon | |
| **5**  **CLOSED FOR JULY 4**  **HOLIDAY** | **6**  Pork Chow Mein  Over Rice  Toss Salad /Dressing  Fruit Salad  Chocolate YumYum  \*Diab: Fresh Fruit Cup | | **7**  Tuna Salad on Bun  **Alt:** Ham salad  Creamy Cucumbers  Fruit Salad w/Bananas  cookie | **8**  Hamburger Stroganoff  Over Noodles  Broccoli  Spiced Peaches  Chocolate Cherry Bar  \*Diab: Cookie | | **9**  Ham & Cheese Pasta  **Alt:** Chkn pasta Salad  Melon Wedge  Savory Biscuit  Crumb Cake  \*Diab: Banana | |
| **12**  Baked Chicken  Mashed Potato/Gravy  Broccoli  Pear Cup | **13**  Creamy Broccoli Soup  Chicken sld sandwich  Crackers  Strawberry shortcake w/ topping | | **14**  Chef Salad w/Ham, Cheese, Egg, Croutons  **Alt:** Turkey  Veg. Garnish  Muffin  Cantaloupe/Strawbry | **15**  Spaghetti / Meat Sauce  Green Salad w/Dressing Garlic Biscuit  Pear Half w Cot Cheese  Brownie  \*Diab: Mix Fruit Cup | | **16**  BBQ Pull Pork on Bun  Potato Salad  Carrot Coin Salad  Cookie or Bar | |
| **19**  Ham Balls  **Alt**: Fish w/Tartar Sauce  Baked Sweet Potato  Cauliflower  Fresh Grapes | **20**  Fruity Chicken Salad  Melon wedge  Creamy cucumbers  Muffin  Coconut – pineapple sq | | **21**  BBQ’s (Sloppy Joes)  Hashbrowns Augratin  Coleslaw  Flavored Ice Cream  \*Diab Vanilla Ice Cream | **22**  **Cold Plate**:Tomato, Ham, Lettuce, Cheese  **Alt**: Turkey  Potato Salad-Peach Half  Chocolate Mousse  \*Diab: Banana | | **23**  Sweet & Sour Pork  White Rice  Toss Salad/Dressing  Pea, Pickle, Cheese Sld  Banana | |
| **26**  Ckn breast on Bun w/ cheese sauce  Oven Brown Potatoes  Baked Beans  Pudding  \*Diab Fruit | **27**  Chix Enchilada/ Casserole  Tossed Green Salad  Dinner roll w/ Marg.  Pineapple rings  Moon Cake  \*Diab. Unswt Fruit | | **28**  Chicken Romaine Salad  **Alt:** Crab Salad  Melon Wedge  Dinner Roll w/Margarine  Applesauce Raisin Bar \*Diab Applesauce | **29**  Meat loaf  Baked Potato/Sour Crm  Peas & Onions  Dinner roll  Apple pie | | **30**  Turkey on Bun  Vegetable Soup/Crackers  5-Cup Salad  Cookie  \*Diab: Cookie | |

**Alternate** on Menu = Diner’s Choice **‘OR’** on Menu = Site Staff Choice based on diner preference