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| Meals are subject to change | Semcac Senior Nutrition | **JULY 2021** |
| **MONDAY** | **TUESDAY** | **WEDNESDAY** | **THURSDAY** | **FRIDAY** |
| apple |  |  |  1Roast BeefMashed Potatoes BeetsFresh FruitDinner RollCookie |  **2**Brats w/ Kraut**Alt:** Burger w/ Fixings Potato saladBaked BeansWatermelon  |
| **5****CLOSED FOR JULY 4****HOLIDAY** | **6**Pork Chow Mein Over RiceToss Salad /DressingFruit SaladChocolate YumYum\*Diab: Fresh Fruit Cup | **7**Tuna Salad on Bun**Alt:** Ham saladCreamy CucumbersFruit Salad w/Bananascookie  | **8**Hamburger StroganoffOver NoodlesBroccoliSpiced PeachesChocolate Cherry Bar\*Diab: Cookie | **9**Ham & Cheese Pasta**Alt:** Chkn pasta SaladMelon WedgeSavory BiscuitCrumb Cake\*Diab: Banana |
| **12**Baked ChickenMashed Potato/GravyBroccoliPear Cup  | **13**Creamy Broccoli SoupChicken sld sandwichCrackersStrawberry shortcake w/ topping | **14**Chef Salad w/Ham, Cheese, Egg, Croutons**Alt:** TurkeyVeg. GarnishMuffinCantaloupe/Strawbry  | **15**Spaghetti / Meat SauceGreen Salad w/Dressing Garlic BiscuitPear Half w Cot CheeseBrownie\*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 SauceBaked Sweet PotatoCauliflowerFresh Grapes | **20**Fruity Chicken SaladMelon wedgeCreamy cucumbers MuffinCoconut – pineapple sq | **21**BBQ’s (Sloppy Joes)Hashbrowns AugratinColeslawFlavored Ice Cream \*Diab Vanilla Ice Cream |  **22****Cold Plate**:Tomato, Ham, Lettuce, Cheese**Alt**: TurkeyPotato Salad-Peach HalfChocolate Mousse\*Diab: Banana | **23**Sweet & Sour PorkWhite RiceToss Salad/DressingPea, Pickle, Cheese SldBanana |
| **26**Ckn breast on Bun w/ cheese sauceOven Brown PotatoesBaked BeansPudding\*Diab Fruit | **27**Chix Enchilada/ CasseroleTossed Green SaladDinner roll w/ Marg.Pineapple ringsMoon Cake \*Diab. Unswt Fruit | **28**Chicken Romaine Salad**Alt:** Crab Salad Melon WedgeDinner Roll w/Margarine Applesauce Raisin Bar \*Diab Applesauce | **29**Meat loafBaked Potato/Sour CrmPeas & OnionsDinner rollApple pie |  **30**Turkey on BunVegetable Soup/Crackers5-Cup SaladCookie\*Diab: Cookie  |

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