

Meals are subject to change

Semcac Senior Nutrition

June 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Bunco 2 Tator Tot Casserole Green Salad/Dressing Pineapple Rings Fruit Cocktail Cake	3 Smothered Chicken ALT: Liver & Onions Mashed Potatoes California Blend Veg Cake	4 Beef Sand / French Dip Potato Salad Coleslaw Rhubarb Dessert	5 Egg Salad on a Bun Vegetable Pasta Salad Fruit Cup Cookie	6 BBQ Pulled Pork on Bun Potato Salad Carrot Coin Salad Flavored Ice Cream *Diab Vanilla Ice Cream
9 Beef Taco Salad w/ Tostado Chips & fixings Mexiican Corn Starburst Cake	10 Chili w/ Crackers Corn Muffin w/ Marg Cottage Chs w/Peach Half Vanilla Pudding *Diab Fruit Cup	11 Ham Balls Alt: Beef Patty Parslied Boiled Red Potatoes Broccoli Fresh Orange	12 Bingo Chicken Salad Sandwich Coleslaw Pineapple Ring Cookie	13 Pork Chow Mein over Rice Chow Mein Noodles Tossed Salad/w Dressing Chocolate Yum Yum
16 Bunco Spaghetti Tossed Salad Garlic Bread Fruit Cup Bar	17 Meatloaf Baked Potato Dinner Roll Peas and Carrots Apple Pie	Birthday Rosemary Roasted Pork Mashed Pot w/Gravy Stewed Tomatoes Hawaiian Cake Diab: Pineapple Tidbits	Closed	Closed
23 Chef Salad/Ham Strips Alt: Chix Strips w/Ch Chopped Hard Cook Egg w/ Veg Garnishes- Carrot/Cuke w/Drsg Croutons/Muffin w/Mrg Cantaloupe Cup	24 Porcupine Meatballs Mashed Potatoes Corn w Pimento Fresh Fruit Cup Cookie	25 Hamwich Alt: Turkeywich Cuke Salad w/Sr Crm Dress. Fruit Cup Rhubarb Dessert	26 Bingo Chkn Wild Rice Casserole Tossed Salad Orange Spring Dessert Diab Angel Food cake	27 Hamburger w/Fixings on Bun Potato Salad Coleslaw Flavored Iced Cream Diab: Vanilla Ice Cream
30 Bunco Hamburger Stroganoff Green Beans Spiced Peaches Cookie		Please Call 507-533-4787 BEFORE 1pm for a meal the day before.		

Alternate on Menu = Diner's Choice

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