

# Semcac Senior Nutrition Stewartville

MARCH 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		<b>507-533-4787</b>	<b>PLEASE - - -</b> <b>MAKE MEAL</b> <b>RESERVATIONS OR</b> <b>CANCELLATIONS 24</b> <b>HOURS IN ADVANCE</b> <b>THANKS!!</b>	<b>1</b> Salisbury Steak <b>Alt:</b> Bkd Fish Boiled Potato Mixed Vegetables Fruit Cup Diab: Banana
<b>4</b> Chicken Teriyaki Over/Rice Pilaf Carrots Fruit Cup Pudding *Diab Cookie	<b>5</b> Pork Steak/Dressing/Gravy Broccoli/Cauliflower Cinnamon Applesauce Cookie or Bar *Diab Fruit	<b>6</b> Porcupine Meatballs Mashed Potatoes Corn /pimento Orange Wedges Moon Cake *Diab Banana	<b>7</b> Crm Broc Soup Crackers Chicken Salad on/Bun Waldorf Gelatin Salad Strawberry Shortcake *Diab: Cookie or Bar	<b>8</b> Kielbasa /Sauerkraut <b>Alt:</b> Baked Fish/Tartar S Scalloped Corn Carrots Fresh Banana
<b>BUNCO 11</b> Rib Pattie Red Potatoes Cauliflower Melon Cup	<b>BIRTHDAY 12</b> Spaghetti w/Meat Sauce Tossed Salad/Dressing Garlic Bread Pineapple Ring Oatmeal Choc Chip Cake *Diab Cookie	<b>13</b> New England Boiled Dinner <b>Alt:</b> Ground Beef Patty w/Vegetables Seafoam Salad Double Pistachio Cake *Diab: Angel Food Cake	<b>ST. PATRICK'S DAY 14</b> Mulligan Stew Emerald Isle Salad Dinner Roll Brownie /w Mint Icing  <b>BINGO</b>	<b>15</b> Tomato Barley Soup Egg Salad on a Bun Peach w/Cottage Cheese Butterscotch Apple Cake Diab: Angel Food Cake
<b>18</b> Hamburger on Bun Pickle/Onion/Tomato Lettuce Potato Salad Baked Beans w/ Apples Fresh Fruit	<b>EASTER DINNER 19</b> Baked Ham <b>Alt:</b> Chicken Breast Baked Sweet Potato Green Bean Casserole Lemon Dessert Diab: Angel Food Cake	<b>20</b> BBQ Pork Loin Baked Potato W/Sour Cream Broccoli Yogurt Fruit Cup	<b>21</b> <b>Chef Salad:</b> Lettuce/Boiled Egg/Toma Cuke/Cheese Strips Ham Strip <b>ALT:</b> Diced Ckn Muffin Hawaiiin Cake *Diab: Fruit Cup 	<b>22</b> Baked Fish/Tart Sauce <b>Alt:</b> Ground Beef Patty Oven Browned Potatoes Orange Glazed Carrots Lemon Cake *Diab: Cookie
<b>BUNCO 25</b> Swiss Steak /red Sauce Mashed Potatoes Corn w/Pimento Pineapple/Pear/Peach Cup	<b>26</b> Meatloaf Baked Potato/Sr Crm Glazed Carrots Dinner Roll Apple Pie	<b>27</b> Hawaiian Chicken Rice Pilaf Green Beans Orange Choc Crackle Cookie	<b>BINGO 28</b> Tater Tot Casserole Tossed Salad Fruit Cup Cookie Diab: Cookie	<b>GOOD FRIDAY 29</b> Egg & Sausage Bake <b>Alt:</b> Egg & Cheese Bake Cinnamon Roll Grapes Orange Juice

Alternate on Menu = Diner's Choice

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

