

# Stewartville Semcac Senior Nutrition

**March 2025**

Meals are subject to change

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 <b>BUNCO</b> Chicken Ala King Over Biscuit Coleslaw Mixed Fruit Cup	4 Pork Steak Dressing Mixed Vegetables Cinnamon Applesauce Cookie or Bar *Diab Fruit	5 Tomato Barley Soup Crackers Cheese on Rye Cottage Cheese Pear Slices Peanut Butter Brownie *Diab Cookie or Bar	6 Meat Lasagna Tossed Salad Orange Slices Garlic Bread Moon Cake	7 Fish Sandwich <b>Alt:</b> Kielbasa Scalloped Potatoes Carrots Fresh Banana
10 BBQ pulled Pork Macaroni Salad Marinated Green Beans Flavored Ice Cream	11 Goulash Tossed Salad w/Dressing P/A Rings Garlic Bread Cookie or Bar *Diab Fruit Cup	12 Hawaiian Chicken Rice Pilaf Green Beans Orange Pudding *Diab Fruit Cup	13 <b>BINGO</b> Beef Sand w/French Dip Potato Salad Coleslaw Oatmeal Choc Chip Bar *Diab Cookie	14 Baked Fish w/Tartar Sauce <b>Alt:</b> Beef Patty Augratin Potatoes Parslied Carrots Mandarin Orange Dessert *Diab Mandarin Oranges
17 <b>BUNCO</b> Mulligan Stew Emerald Isle Salad Dinner Roll w/Butter Brownie w/Mint Frosting <b>St. Patrick's Day</b>	18 Hamburger on a Bun Pickle/Lettuce/On/Tomato Ketchup/Mustard Roasted Potatoes Baked Beans Fresh Fruit	19 <b>BIRTHDAY</b> Hot Turkey over Bread w/Gravy Mashed Potatoes Buttered Beets Pumpkin Bar *Diab Fruit Cup	20 New England Boiled Dinner <b>Alt:</b> Beef Patty Cinnamon Applesauce Jello Double Pistachio Cake *Diab Angel Food Cake	21 Seashore Tuna Casserole <b>Alt:</b> Hamburger Stroganoff Mixed Green Salad Tomato Wedge Moon Cake
24 Swiss Steak w/Red Sauce Mashed Potatoes w/Gravy Corn Pineapple/Pear/Peach cup	25 Meatloaf Baked Potato w/SC Peas and Carrots Dinner Roll Apple pie	26 Sweet Pepper Steak Rice Green Beans Tossed Salad w/Dressing Fruit Cocktail Cake	27 <b>BINGO</b> BBQ Pork Loin Baked Potato w/Sr Cream Calico Beans Rocky Road Pudding *Diab cookie bar	28 Baked Fish <b>Alt:</b> Salisbury Steak Augratin Potatoes California Blend Fresh Oranges
31 Vegetable Soup Crackers Chicken Salad Sandwich Pear Cup Flavored Ice Cream *Diab Vanilla Ice Cream		<p><b>Please Call Before 1pm 507-533-4787</b></p>	<p><b>In inclement weather: Please visit <a href="http://www.semcac.org">www.semcac.org</a> Or visit our FB page Or call 507-864-8231</b></p>	

**Alternate** on Menu = Diner's Choice

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