





Meals are subject to change

# Semcac Senior Nutrition

**MARCH 2023**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>CALL</b> <b>507-533-4787</b>		<b>1</b> Tater Tot Casserole Tossed Salad Pickle Spear Bar or Cookie 	<b>2</b> Juice Broccoli & Cheese Egg Bake/w Sausage Fruited Muffin Fruit Cup	<b>3</b> Salisbury Steak Alt: Baked Fish Baked Potato Mixed Vegetables Cake or Bar *Diab Cookie
<b>6</b> Chicken ala King Over Biscuit Seasoned Peas Coleslaw Mixed Fruit Cup 	<b>7</b> Pork Steak Mashed Potatoes & Gravy Broccoli/Cauliflower Cookie *Diab Cookie	<b>8</b> Meat Lasagna Tossed Salad Garlic Bread Orange Slices Moon Cake *Diab Banana	<b>BINGO 9</b> Veg Beef Barley Soup Crackers Egg Salad Sandwich Five Cup Fruit Salad Peanut Butter Brownie *Diab: Cookie	<b>10</b> Kielbasa /Sauerkraut <b>Alt:</b> Baked Fish/Tartar S Baked Potato/Sr Cream Carrots Fresh Banana
<b>BUNCO 13</b> Meat Loaf Mashed Potatoes Stewed Tomatoes Brownie *Diab: Fruit Cup	<b>14</b> Spaghetti w/Meat Sauce Toss Salad w/ Dressing Garlic Bread Cot.Cheese/Pineapple Oatmeal Choc Chip Bar *Diab Cookie	<b>15</b> Hamburger Stew Fruited Coleslaw Muffin Mandarin Orange Delite *Diab: Mandarin Orange	<b>ST. PATRICKS Day 16</b> Mulligan Stew Emerald Isle Salad Roll w/ Margarine Brownie with Mint icing *Angelfood Cake	<b>17</b> Baked Fish/Tartar Sce <b>Alt:</b> Ground Beef Patty Oven Browned Potatoes Green Beans Double Pistachio Cake *Diab: Angel Food Cake
<b>20</b> Hamburger w/ Trimmings on Fresh Bun Potato Salad Baked Beans w/ Apples Fresh Fruit	<b>Birthday 21</b> Hot Turkey over Bread with Gravy Mashed Potatoes Buttered Beets Pumpkin Bar *Diab Fruit Cup	<b>22</b> BBQ Pork Loin Baked Potato/Sour Cream Corn Fresh Apple 	<b>BINGO 23</b> <b>Chef Salad:</b> Lettuce - Tomato/Cuke Boiled Egg Ham Strips/Cheese Strips <b>Alt:</b> Chicken Breast Dressing/Muffin Hawaiian Cake *Diab Fruit Cup	<b>24</b> Hamwich Alt: Tuna Salad Sand. Kidney Bean Salad Hash Brown Au Gratin Cookie *Diab Cookie
<b>BUNCO 27</b> Swiss Steak/Gravy Mashed Potatoes Corn Pineapple/Pear/Peach Cup	<b>28</b> Chili/Crackers Corn Bread Cottage Cheese Peach Half Walnut Dream Bar *Diab: Mix Fruit Cup	<b>Easter Meal 29</b> Baked Ham <b>Alt:</b> Chicken Breast Baked Sweet Potato Dinner Roll Green Bean Casserole Lemon Pie *Diab: Vanilla Ice Cream	<b>30</b> Liver and Onions Alt: Onion Smothered Stk Mashed Potato/ Gravy Corn Fresh Fruit	<b>31</b> Baked Fish/Tartar Sauce Hash Brown Au Gratin Potatoes Baked Beans Fresh Orange 

Alternate on Menu = Diner's Choice

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