# STEWARTVILLE
# Semcac Senior Nutrition

Meals are subject to change

**May 2025**

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|---|---|---|---|
| **In inclement weather: Please visit** www.semcac.org **Or visit our FB page Or call 507-864-8231** | CALL 507-533- 4787 Before 1:00 pm For A Meal the Day Before | | 1 Roast Pork Mashed Potatoes w/Gravy Squash Dinner Roll Fruit Cocktail Cake *Fresh Fruit | 2 Hamburger Stew Spiced Peaches Dinner Roll Cookie |
| **BUNCO** 5 Hamburger On A Bun With Fixins Potato Salad Baked Beans Flavored Ice Cream *Diab Vanilla Ice cream | 6 Chicken Pot Pie Tossed Salad Fruit Cup Starburst Cake *Diab Fruit Cup | 7 BBQ Meatballs Boiled Red Potatoes Cauliflower Pudding *Diab Banana | **BINGO** 8 Hot Hamich Alt:Turkeywich Potato Salad Marinated Green Beans Apple Crisp | 9 Meat Lasagna Tossed Salad w/Dressing 5-Cup Fruit Salad Garlic Bread Cookie |
| 12 Tater Tot Casserole Tossed Salad Pickles Mixed Fruit Cup Cookie | 13 Rosemary Pork Roast Cinnamon Applesauce Mashed Potatoes w/Gravy Squash Fresh Orange | 14 Hamburger Vegetable Soup Crackers Egg Salad on a Bun Chocolate Cherry Bar | 15 Creamy Chicken Parmesan Rice Pilaf Green Beans Tossed Salad w/Dressing Cookie | 16 Porcupine Meatballs Mashed Potatoes Corn/Pimento Cherry Crisp w/Topping *Diab Angel Food Cake |
| **BUNCO** 19 Beef Sand w French Dip Potato Salad Coleslaw Pudding | 20 BBQ on a Bun Oven Browned Potatoes Baked Beans Apple Crisp w/Whpd Tpg *Diab Fruit | **BIRTHDAY** 21 Baked Turkey Mashed Potatoes /Gravy Green Bean Casserole Dinner Roll Pumpkin Crisp | **BINGO** 22 Taco Casserole Mexican Corn Corn Bread Coconut Custard Square | 23 Cheesy Broccoli Soup Egg Salad on a Bun Cinnamon Applesauce Gelatin Lemon Poppy Seed Cake |
| 26 **MEMORIAL DAY** | 27 Goulash Tossed Salad Garlic Bread Lemon Bar | 28 Meatloaf Baked Potato/SC Peas and Carrots Dinner Roll Peach Pie | 29 Vegetable Soup Chicken Salad Sand Crackers Fruit Cup | 30 Beef Pot Roast/Vegetables Waldorf Gelatin Salad Fresh Oranges |

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

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