

Semcac Senior Nutrition

MAY 2021

Meals are subject to change

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>3</p> <p>Salisbury Steak Alt: Liver and Onions Baked Potato Glazed Carrots Flavored Ice Cream</p>	<p>4</p> <p>Chicken Pot Pie Tossed Salad/Fixings Fruit Muffin w/Marg Starburst Cake</p>	<p>5</p> <p>BBQ Meatballs Boiled Baby Red Potatoes Cauliflower Pudding</p>	<p>6</p> <p>Hot Hamwich Alt: Turkeywich Marinated Green Beans Grapes Apple Pie</p>	<p>7</p> <p>Beef Pot Roast w/Veg Waldorf Gelatin Salad Fresh Orange</p>
<p>10</p> <p>Ham Scalloped Potatoes Alt: Beef Scalloped Pot. Dilled Carrots Green Salad Fruit Cup</p>	<p>11</p> <p>Rosemary Pork Roast Mashed Potato/Gravy Spinach/Vinegar Fresh Banana</p>	<p>12</p> <p>Spaghetti w/ Meat Sauce Tossed Salad Green Beans Garlic Bread Cookie</p>	<p>13</p> <p>Creamy Chicken Parm. Rice Pilaf Asparagus 7 Layer Salad Cookie or Bar</p>	<p>14</p> <p>Porcupine Meatballs Mashed Potatoes Corn/Pimento Cherry Crisp w/Topping</p>
<p>17</p> <p>Roast Beef Mashed Potatoes/Gravy Broccoli/Cauliflower Fresh Fruit Dinner Roll</p>	<p>18</p> <p>Baked Turkey Mashed Potatoes/Gravy Green Bean Pumpkin Crisp</p>	<p>19</p> <p>Hamburger w/ Fixings on a bun Potato Salad Baked Beans w/Apples Fresh fruit Cookie</p>	<p>20</p> <p>Enchilada Casserole Carrots Pear Half w/Cranberry Sc Coconut Custard Square</p>	<p>21</p> <p>Pork Chow Mein w/ Rice Tossed Salad w/ Dressin Fruit Salad Chocolate Yum Yum</p>
<p>24</p> <p>Ham Balls Alt: Beef Patty Baked Potato w/Sr Crm Succotash Yogurt Fruit Cup</p>	<p>25</p> <p>Ham & Bean Soup Egg Salad on Bun Cinn. Applsauce Gelatin Lemon Poppy Seed Ck</p>	<p>26</p> <p>Tater Tot Casserole Mixed Fruit Cup Tossed Salad Bar</p>	<p>27</p> <p>Meatloaf Baked Potato Coleslaw Dinner roll Apple Pie</p>	<p>28</p> <p>Salisbury Steak Alt: Fish Sandwich Baked Potatoes/Sr Crm Peas & Onions Cookie</p>
<p>31</p> <p>MEMORIAL DAY CLOSED</p> 	<p>Attention: Second serving of the May 26 or May 28 meals are available for Memorial Day weekend. Please order on May 24th or May 25th for a weekend meal</p>		<p>Call: 507-533-4787</p>	<p>Visit our website for the latest updates! www.semcac.org or follow us on Facebook. www.facebook.com/semcac</p>

Alternate on Menu = Diner's Choice

'OR' on Menu = Site Staff Choice based on diner preference