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| Meals are subject to change | | | Semcac Senior Nutrition | | | **NOVEMBER 2022** | | |
| **MONDAY** | | **TUESDAY** | | **WEDNESDAY** | **THURSDAY** | | **FRIDAY** |
|  | 1  Taco Salad w Cheese  Tostado Chips  Mexican Black Beans  Cookie  \*Diab: Cookie | | | 2  Hamburger w/ Trimmings  On Fresh Bun  Potato Salad  Baked Beans w/ Apples  Brownie  \*Diab Mandarin Oranges | 3  Roast Pork  Mashed Potatoes/Gravy  Fresh Squash  Fruit Cocktail Cake  \*Diab: Fresh Fruit | | **4**  Hamburger Stew  Spiced Peaches  Gingerbread Cake w/Topping  \*Diab: Fruit | |
| 7  Chicken Pot Pie  Tossed Salad/Fixings  Starburst Cake  \*Diab Fruit Cup | 8  Chili Con Carne  Pineapple Slices  Corn Muffin/Marg  Pudding \*Diab: Banana | | | 9  BBQ Meatballs  Boiled Baby Red Potatoes  Cauliflower  Flavored Ice Cream  \*Diab Vanilla Ice Cream | **BINGO** 10  Roast Beef  Mashed Potatoes with Gravy  Corn  Lemon Poppyseed Cake | | 11  **VETERANS’ DAY**  **CLOSED** | |
| **BUNCO** 14  Hawiian Chicken  Rice Pilaf  Green beans  Orange Slices  Rocky Road Pudding  \*Diab: Fruit Cup | 15  Porcupine Meatballs  Mashed Potatoes  Corn/Pimento  Cherry Crisp w/Topping  \*Diab Angel Food Cake | | | **THANKSGIVING** 16  Roast Turkey  Mashed Potatoes w/Gravy  Peas and Onions  Cranberry Relish  Roll w/ Margarine  Pumpkin pie w/ Whip  \*Diab: Pumpkin Custard | 17  Meat Lasagna  Tossed Salad  Garlic Bread  Lemon Bar  \*Diab Fruit | | 18  Rosemary Pork Roast  Mashed Potato/Gravy  Spinach/Vinegar  Fresh Banana | |
| 21  Ham Scalloped Potatoes  **Alt**: Beef Scalloped Pot.  Dilled Carrots  Green Salad  Pudding  \*Diab: Cookie | **BIRTHDAY** 22  Creamy Chicken Parm.  Rice Pilaf  Fresh Squash  7 Layer Salad  Bar  \*Diab: Pineapple Tidbit | | | 23  Seashore Tuna Casserole  **Alt:** Beef Stroganoff  Grn Sld w/Tomato Wedge  Muffin  Moon Cake  \*Diab: Fruit | 24  **CLOSED**  **FOR**  **THANKSGIVING** | | 25  **CLOSED**  **FOR**  **THANKSGIVING** | |
| **BUNCO** 28  Ham & Bean Soup  Chicken Salad on Bun  Cinn. Applsauce Gelatin  Lemon Poppy Seed Ck  \*Diab: Angel Food Cake | 29  Meatloaf  Baked potato/ SC  Peas  Dinner Roll  Apple Pie | | | 30  Tater Tot Casserole  Tossed Salad  Pickle Spear  Cookie | ***PLEASE* - - -**  **MAKE MEAL RESERVATIONS OR CANCELLATIONS 24 HOURS IN ADVANCE**  **THANKS!!** | |  | |

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