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| Meals are subject to change | Semcac Senior Nutrition | **NOVEMBER 2022** |
| **MONDAY** | **TUESDAY** | **WEDNESDAY** | **THURSDAY** | **FRIDAY** |
|  | 1Taco Salad w CheeseTostado ChipsMexican Black BeansCookie\*Diab: Cookie | 2Hamburger w/ TrimmingsOn Fresh BunPotato SaladBaked Beans w/ ApplesBrownie\*Diab Mandarin Oranges | 3Roast PorkMashed Potatoes/GravyFresh SquashFruit Cocktail Cake\*Diab: Fresh Fruit | **4**Hamburger StewSpiced PeachesGingerbread Cake w/Topping\*Diab: Fruit |
| 7Chicken Pot PieTossed Salad/FixingsStarburst Cake\*Diab Fruit Cup | 8Chili Con CarnePineapple Slices Corn Muffin/Marg Pudding\*Diab: Banana | 9BBQ MeatballsBoiled Baby Red PotatoesCauliflowerFlavored Ice Cream \*Diab Vanilla Ice Cream | **BINGO** 10Roast BeefMashed Potatoes with GravyCornLemon Poppyseed Cake | 11**VETERANS’ DAY****CLOSED** |
| **BUNCO** 14Hawiian ChickenRice PilafGreen beansOrange SlicesRocky Road Pudding\*Diab: Fruit Cup | 15Porcupine MeatballsMashed PotatoesCorn/PimentoCherry Crisp w/Topping\*Diab Angel Food Cake | **THANKSGIVING** 16Roast TurkeyMashed Potatoes w/GravyPeas and OnionsCranberry RelishRoll w/ MargarinePumpkin pie w/ Whip\*Diab: Pumpkin Custard | 17Meat LasagnaTossed SaladGarlic BreadLemon Bar\*Diab Fruit | 18Rosemary Pork RoastMashed Potato/GravySpinach/VinegarFresh Banana |
| 21Ham Scalloped Potatoes**Alt**: Beef Scalloped Pot.Dilled CarrotsGreen SaladPudding\*Diab: Cookie | **BIRTHDAY** 22Creamy Chicken Parm.Rice PilafFresh Squash7 Layer SaladBar\*Diab: Pineapple Tidbit | 23Seashore Tuna Casserole**Alt:** Beef StroganoffGrn Sld w/Tomato WedgeMuffinMoon Cake\*Diab: Fruit | 24**CLOSED****FOR****THANKSGIVING** | 25**CLOSED****FOR****THANKSGIVING** |
| **BUNCO** 28Ham & Bean SoupChicken Salad on BunCinn. Applsauce GelatinLemon Poppy Seed Ck\*Diab: Angel Food Cake | 29MeatloafBaked potato/ SCPeasDinner RollApple Pie | 30Tater Tot CasseroleTossed SaladPickle SpearCookie | ***PLEASE* - - -****MAKE MEAL RESERVATIONS OR CANCELLATIONS 24 HOURS IN ADVANCE****THANKS!!** |  |

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