

Meals are subject to change

## Semcac Senior Nutrition

**October 2024**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1	2	3	4
	Roast Beef Mashed potatoes/Gravy Corn Seafoam Salad Cookie	Ham Balls Alt: Beef Patty Aug ratin Potatoes Green beans Fruit Cup	Chicken Breast Baked Dumpling/Gravy Asparagus Coleslaw Mandarin Orange Dessert *Diab Mandarin Oranges	Hamburger W/ Fixings Potato salad Baked Beans W Apples Fresh Fruit
<b>BUNCO</b> 7	8	9	<b>BINGO</b> 10	11
Baked Ham Alt: Chicken Breast Baked Sweet potato Green Bean Casserole Flavored Ice Cream	Garlic Seasoned Pork loin Oven Roasted Potatoes Green Beans/Mushrooms Muffin w/Marg Baked Apple	Salisbury Steak Alt: Liver & Onions Mashed Potatoes California Blend Lemon Bar	Hamburger Gravy Over Noodles Parslied Carrots Apple Cranberry Crisp With Whipped Topping *Diab Applesauce	Vegetable Soup Crackers Egg Salad on a bun Macaroni Fruit Salad Oatmeal Cake *Diab Cookie
14	15	<b>BIRTHDAY PARTY</b> 16	17	18
Swedish Meatballs Mashed Potatoes/Marg Herbed Green Beans Mixed Fruit Cup	Enchiladas Mexican Corn Fruit Cup Cherry Crunch Dessert With whipped topping	Cream Chicken Over Biscuit Diced Carrots Lettuce Salad w Dressing Fruit Cocktail Cake *Diab Cookie	Spaghetti Green Salad Pineapple Tidbits Garlic Bread Baked Apple	Chili w Crackers Corn Muffin Cottage Cheese w Pear half Pudding
<b>BUNCO</b> 21	22	23	<b>BINGO</b> 24	25
Baked Chicken Mashed Potatoes/Gravy Broccoli Blushing Pears *Diab Pear Cup	Cream of Broccoli Soup Crackers Chicken Salad on a bun Strawberry short cake/top *Diab Fruit Cup	Beef stew Seafoam Salad Muffin w/Marg Rice Krispie Bar *Diab Cookie	BBQ on a bun Oven Brownd Potatoes Baked Beans Apple Crisp w/whprd topping *Diab Fruit	Beef Sand w French Dip Potato Salad Coleslaw Butterscotch Pudding w Whipped Topping
28	29	30	31	
Swiss Steak in Tomato Sc Baked Potato Mixed Vegetables Orange/Pear Cup	Meatloaf Baked Potato Mixes Vegetables Dinner Roll Blueberry Pie	Chicken Alfredo Lasagna Mixed Green Salad Garlic Bread Pineapple Slices Pudding *Diab Mandarin Oranges	Roast Pork Mashed Potatoes/Gravy Fresh Squash Fruit Cocktail Cake *Fresh Fruit*	

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

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