


Meals are subject to change

Semcac Senior Nutrition

October 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>In inclement weather: Please visit www.semcac.org Or visit our FB page Or call 507-864-8231</p>		<p>1 Tator Tot Casserole Green Salad w/Dressing Fruit Cup Cookie</p>	<p>2 Hamburger Veg Soup Crackers Egg Salad sandwich Pear/Mandarin Cup Flavored Ice Cream *Diab Vanilla Ice Cream</p>	<p>3 Chicken Wild Rice Casserole Mixed Vegetables Muffin w/Marg Cherry Crisp *Diab Angel Food Cake</p>
<p>BUNCO 6 Hamburger Gravy Over Mashed Potatoes Parslied Carrots Apple Cranberry Crisp w/Whipped Topping</p>	<p>7 Taco Casserole Mexican Corn Corn Bread w/Marg Cherry Crunch Dessert w/Whipped Topping</p>	<p>8 Baked Ham Alt: Chicken Breast Baked Sweet Potato Green Bean Casserole Lemon Bars</p>	<p>BINGO 9 Garlic Seasoned Pork Loin Mashed Potatoes Green Beans/Mushrooms Muffin w/Marg Baked Apple</p>	<p>10 Vegetable Soup Crackers Chicken Salad on a Bun Macaroni Fruit Salad Oatmeal Cake</p>
<p>13 Swedish Meatballs/Gravy Mashed Potatoes Herbed Green Beans Mixed Fruit Cup</p>	<p>14 Salisbury Steak Alt: Liver & Onions Mashed Potatoes California Blend Flavored Ice Cream</p>	<p>BIRTHDAY 15 Creamed Chicken Over Biscuit Diced Carrots Orange Gingerbread Cake w/topping</p>	<p>16 Goulash Corn Garlic Bread Fruit Cup Cookie</p>	<p>17 Brat on A Bun/w Sauerkraut Alt: Hot Dog Macaroni Salad Orange Brownie</p>
<p>BUNCO 20 Beef Sand w/French Dip Potato Salad Coleslaw Butterscotch Pudding</p>	<p>21 Chicken Breast Mashed Potatoes w/Gravy Glazed Carrots Fresh Fruit</p>	<p>22 Cream of Broccoli Soup Crackers Chicken Salad Strawberry Short Cake w/Topping</p>	<p>BINGO 23 Hamb on a Bun w/ Fixings Potato Salad Baked Beans Fresh Fruit</p>	<p>24 Beef Stew Seafoam Salad Dinner Roll Rice Krispie Bar</p>
<p>27 Swiss Steak in Tomato Sc Mashed Potatoes Mixed Vegetables Orange/Pear Cup</p>	<p>28 Meatloaf Baked Potato w S/C Peas and Carrots Dinner Roll Apple Pie</p>	<p>29 Chicken Alfredo Lasagna Mixed Green Salad Garlic Bread Pineapple Slices Pudding</p>	<p>30 Roast Pork Mashed Potatoes w/Gravy Fresh Squash Fruit Cocktail Cake *Fresh Fruit</p>	<p>31 Hamburger Stew Spiced Peaches Dinner Roll Cookie</p>

Alternate on Menu = Diner's Choice

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