

Meals are subject to change

Semcac Senior Nutrition

October 2020

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		Call for a Meal: 507-533-4787	1 Sweet Pepper Steak White Rice Yellow Beans/Toss Salad Fruit Cocktail Cake	2 Tuna Cass. Alt: Chkn Breast Parsley Butterd Noodles Season Peas/Celery Muffin Cherry Pie
5 Salisbury Steak Alt: Liver and Onions Baked Potato Glazed Carrots Flavored Ice Cream	6 Meatloaf Baked Potato Peas Coleslaw Dinner Roll Apple Pie	7 Chick Breast/Dumpling Asparagus Cole Slaw Mandarin Orange Dessert	8 Pork Chow Mein w/ Rice Tossed Salad w/Dressing Fruit Salad Chocolate Yum-Yum	9 Chili Cracker/Corn Muffin Pear/Apple Slices Lemon Poppy Cake
12 Chicken Enchilada Tossed Green Salad Pineapple Rings Strawberry Phoo Phoo	13 Chick Noodle Soup Egg Salad Sand Carrot Coin Salad Choc. Cherry Bar	14 Spaghetti w/ meat sauce Green Salad w/ Dressing Green Beans Garlic Bread Oatmeal Choc Chip Bar	15 Hamburger w/fixins on Bun Potato salad Baked Beans Brownie	16 Chicken Parm/Noodles Romaine Sld/Garl Bread Peach Half Cranberry Mold
19 Baked Chicken Mash Potato/Gravy Broccoli Blushing Pears	20 Beef Stew/Muffin Seafoam Salad Rice Krispie Bar	21 Cream Broccoli Soup Chicken Salad/Cracker Strawberry Short Cake	22 BBQ on Bun Bkd Beans Oven Browned Potato Apple Crisp	23 Roast Beef Mash Potato/Gravy Harvard Beets Fresh Fruit
26 Swiss Steak/Tomato Sce Baked Potato/Mix Veg Orange/Pear Cup	27 Taco Salad w Cheese Tostado Chips Grapes Cookie	28 Chicken Alfredo Lasagna Mix Salad/Garlic Bread Pineapple Slice Pudding	29 Rosemary Pork Roast Mashed Potato/Gravy Fresh Squash Fruit Cocktail Cake	30 Hamburger Stew Muffin/Peaches Gingerbread Cake

Alternate on Menu = Diner's Choice

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