

Meals are subject to change

Semcac Senior Nutrition

SEPTEMBER 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><i>PLEASE - - -</i></p> <p>MAKE MEAL RESERVATIONS OR CANCELLATIONS 24 HOURS IN ADVANCE THANKS!!</p>	<p>507-533-4787</p>			<p>1</p> <p>Brat on Bun w/Srkr/Oni ALT: Hot Dog/Bun Potato Salad Sliced Dill Pickle Baked beans Watermelon Slice</p>
<p>4</p> <p>CLOSED!! NO MEALS LABOR DAY</p>	<p>5</p> <p>Chicken Teriyaki /over Rice Pilaf Carrots Fruit Cup Pudding *Diab: Cookie</p>	<p>6</p> <p>Meat Lasagna Tossed Salad Fresh Orange Wedges Garlic Bread Moon Cake *Diab Banana</p>	<p>7</p> <p>Cream of Broccoli Soup Crackers Chicken Salad on Bun Waldorf Gelatin Salad Strawb Short Cake/Tpg *Diab Fruit Cup</p>	<p>8</p> <p>Kielbasa w/Sauerkraut ALT: Baked Fish/Tartar Baked Potato Carrots Fresh Banana</p>
<p>11</p> <p>BUNCO Beef Sandwich w/ French Dip Potato salad Coleslaw Icebox Dessert Diab: Cookie</p>	<p>12</p> <p>Chef Salad Lettuce/Tomato/Cukes Boiled Egg/Ham/Cheese ALT: Chicken Breast Muffin Hawaiian Cake *Diab fruit cup</p>	<p>13</p> <p>New England Boiled Din ALT: Beef Patty w/veg Seafoam Salad Double Pistachio Cake *Diab Angel Food Cake</p>	<p>14</p> <p>BINGO Hawaiian Chicken Rice Pilaf Green Beans Fresh Orange Wedges Cookie *Diab Fruit Cup</p>	<p>15</p> <p>Tomato Barley Soup Egg Salad Sandwich Peaches w/Cottage Ch Butterscotch Apple Cake *Diab Angel Food Cake</p>
<p>18</p> <p>Hamburger on Bun Pickle/Onion/Tomato Ketchup and Mustard Roasted Potatoes Baked Beans w/Apples Fruit Cup</p>	<p>19</p> <p>BIRTHDAY BBQ Pork Loin Baked Potato/Sr Cream Broccoli Yogurt Fruit Cup</p>	<p>20</p> <p>Hot Turkey over Bread w/Gravy Mashed Potatoes Buttered Beets Pumpkin Bar *Diab Fruit Cup</p>	<p>21</p> <p>Spaghetti w/Meat Sauce Tossed Salad w/Dressing Pineapple rings Garlic Bread Oatmeal Raisin Cookie</p>	<p>22</p> <p>Baked Fish/Tartar ALT: Ground Beef Patty Oven Browned Potatoes Orange Glazed Carrots Lemon Cake *Diab Cookie</p>
<p>25</p> <p>BUNCO Swiss Steak w/tomato sauce Mashed Potatoes Corn w/Pimento Pineapple/Pear/Peach Cup</p>	<p>Meatloaf Baked Potato/SC Mixed Vegetable Dinner Roll Apple Pie *Diab Applesauce</p>	<p>27</p> <p>Chicken Breast Rice Piilaf Green Bean Casserole Pear Grape Cup</p>	<p>28</p> <p>BINGO Tater Tot Casserole Tossed Salad Pickle Spear Choc Chip Cookie *Diab Banana</p>	<p>29</p> <p>Chicken Ala King On A Biscuit Coleslaw Mixed Fruit Cup</p>

Alternate on Menu = Diner's Choice

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