

# Semcac Senior Nutrition

SEPTEMBER 2023

Meals are subject to change

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