


Meals are subject to change

Semcac Senior Nutrition

September 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 HOLIDAY - LABOR DAY CLOSED	2 Pork Loin Dressing w/ gravy Corn Mixed fruit cup Brownie *Diab fruit	3 Broccoli cheese Soup Crackers Egg salad sandwich Peach Half Cookie *Diab cookie	4 Meat lasagna Tossed salad Orange wedges Garlic bread Cinnamon applesauce *Diab cookie or bar	5 Kielbasa Alt: Baked fish/tarter sauce Baked potato/sour cream Carrots Fresh apple
8 Smothered Chkn Breast Alt Liver & Onions Mashed Potatoes w Gravy Corn Fruit cup	9 Hawaiian chicken Rice pilaf Green beans Orange wedges Pudding *Diab fruit cup	10 Roast beef on a bun Boiled potatoes Broccoli/cauliflower Oatmeal choc chip bar *Diab cookie	BINGO Sweet & Sour Pork White Rice Tossed Salad w dressing fruit cup Cookie	12 Baked fish/tarter sauce Oven browned potatoes Parslied carrots Mandarin orange dessert *Diab mandarin oranges
15 BUNCO Hamb on a Bun w/ fixings Potato Salad Baked Beans w Apples Fresh Fruit Cookie	16 Baked ham Alt: Ground beef patty w/boiled potatoes/cab/carrot/onion Double Pistachio Cake	17 BIRTHDAY Hot turkey over bread w/gravy Mashed potatoes Buttered Carrots Pumpkin bar *Diab Fruit cup	18 Chef salad: Lettuce Tomato/cuke boiled egg Chicken cheese Croutons Peanut butter brownie *Diab fruit cup	19 Chicken wild Rice Casserole Mixed green salad Tomato wedge Muffin w/ marg Moon cake
22 Beef Sand w French Dip Potato Salad Coleslaw Vanilla Pudding w/Bananas	23 Chili Crackers Peach half/cottage cheese Cornbread Walnut dream bar *Diab fruit cup	24 Sweet pepper steak White rice Green beans Toss salad w/dressing Fruit cocktail cake *Diab Mixed Fruit cup	25 BINGO Rosemary Roasted Pork Mashed Potatoes w/Gravy Mixed Vegetables Cookie *Diab cookier	26 Salisbury steak Augratin Potatoes Corn Fresh Orange
29 Chicken breast Baked dumpling w/ gravy Asparagus Coleslaw Mandarin orange dessert *Diab mandarin oranges	Baked Potato w/SC Peas and Carrots Dinner Roll Apple Pie	 SEPTEMBER	Call 507-533-7858 Before 1;PM To Order A Meal.	In inclement weather: Please visit www.semcac.org Or visit our FB page Or call 507-864-8231

Alternate on Menu = Diner's Choice

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