













Semcac Senior Nutrition

RED WING

APRIL 2024

Meals are subject to change

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p style="text-align: right;">1</p> <p>Chicken ala King Over/Biscuit Seasoned Peas Coleslaw Mixed Fruit Cup</p> 	<p style="text-align: right;">2</p> <p>Beef Enchilada Casserole Carrots Pear Half/Cranberry Sauce Coconut Custard Square *Diab: Cookie</p>	<p style="text-align: right;">3</p> <p>Roast Beef Mashed Potatoes/Gravy Buttered Beets Banana</p> 	<p style="text-align: right;">4</p> <p>Sweet Pepper Steak Rice Yellow Beans Seven Layer Salad Fruit Cocktail Cake Diab: Mixed Fruit Cup</p>	<p style="text-align: right;">5</p> <p>Baked Fish/Tartar Hashbrown AuGrat Potato Whole Kernel Corn Fresh Oranges</p> 
<p style="text-align: right;">8</p> <p>Salisbury Steak Mashed Potatoes Brussel Sprouts Flavored Ice Cream *Diab: Vanilla Ice Cream</p>	<p style="text-align: right;">9</p> <p>Pork Loin Oven Roasted Potatoes Green Beans w/Mushrooms Baked Apple</p> 	<p style="text-align: right;">10</p> <p>Chicken Breast Baked Dumpling/Gravy Broccoli Coleslaw Mandarin Orange Desert *Diab: Mandarin Oranges</p>	<p style="text-align: right;">11</p> <p>Hamburger Gravy Over/Mashed Potato Parslied Carrots Apple Cranberry Crisp w/ Whipped Topping *Diab: Mixed Fruit Cup</p>	<p style="text-align: right;">12</p> <p>Chili w/Crackers Pineapple Slices Corn Muffin w/Marg Lemon Poppy Seed Cake *Diab: Angel Food Cake</p> 
<p style="text-align: right;">15</p> <p>Swedish Meatballs Mashed Potatoes/Marg Herbed Green Beans Yogurt Fruit Cup</p> 	<p style="text-align: right;">16</p> <p>Veg Soup w/crackers Cheese on Rye Bread Carrot Coin Salad Chocolate Cherry Bar *Diab: Cookie</p>	<p style="text-align: right;">17</p> <p>Taco Casserole Mexican Corn Corn Bread w/Marg Cherry Crunch Dessert w/Topping Diab: Cookie or Bar</p>	<p style="text-align: right;">18</p> <p>Goulash 3-Bean Salad Beet Pickles Fresh Apple</p> 	<p style="text-align: right;">19</p> <p>Chicken Parmesan Over/Spaghetti Noodles Romaine Salad Peach Slices Cranberry Mold *Diab: Fruit Cup</p>
<p style="text-align: right;">22</p> <p>Baked Chicken Mashed Potatoes/Gravy Broccoli Blushing Pears Diab Pear Cup</p> 	<p style="text-align: right;">23</p> <p>Beef Stew Seafoam Salad Rice Krispie Bar *Diab: Cookie</p> 	<p style="text-align: right;">24</p> <p>Vegetable Beef Barley Soup w/Crackers Egg Sld Sand Five Cup Fruit Salad Peanut Butter Brownie *Diab: Cookie or Bar</p>	<p style="text-align: right;">25</p> <p>BBQ on Bun Oven Browned Potatoes Baked Beans Apple Crisp w/Whp Top *Diab: Fruit</p>	<p style="text-align: right;">26</p> <p>Roast Beef Mashed Potato/Gravy Harvard Beets Fresh Fruit</p> 
<p style="text-align: right;">29</p> <p>Swiss Steak in Tomato Sauce Baked Potato Mixed Vegetables Orange/Pear Cup</p> 	<p style="text-align: right;">30</p> <p>Taco Salad Sr Cr/Frnch Dres/Salsa Meat, Shredded Cheese Lettuce, D-Tomatoes Tostado Chips Mex Black Beans Beetnik Cake *Diab: Cookie/Bar</p>	<p style="text-align: right;">31</p> <p style="text-align: center;">RW Jordan Tower 651-388-9875 Zumbrota 507-732-5086 Pine Island 507-356-2228 Lake City 651-345-577 Wabasha 507-459-5766</p>	<p style="text-align: center;">PLEASE - - - MAKE MEAL RESERVATIONS OR CANCELLATIONS 24 HOURS IN ADVANCE THANKS!!</p>	<p style="text-align: center;">Please Wash And Return Meal Trays</p> 

Alternate on Menu = Diner's Choice

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