

# Semcac Senior Nutrition

**MAY 2024**

Meals are subject to change

FINAL DRAFT

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		<p>1</p> <p>Chicken Alfredo Lasagna Mixed Green Salad Garlic Bread Pineapple Slices Pudding *Diab: Mandarin Oranges</p>	<p>2</p> <p>Roast Pork Mashed Potatoes/Gravy Fresh Squash Fruit Cocktail Cake *Diab: Fresh Fruit</p>	<p>3</p> <p>Hamburger Stew Spiced Peaches Mild Gingerbread Cake w/Whipped Topping *Diab: Fruit Cup</p>
<p>6</p> <p>Chili Con Carne Pineapple Slices Corn Muffin/Marg Flavored Ice Cream *Diab: Vanilla Ice Cream</p> 	<p>7</p> <p>Chicken Pot Pie Tossed Salad/Fixings Beet Pickles Starburst Cake *Diab Fruit Cup</p>	<p>8</p> <p>BBQ Meatballs Boiled Red Potatoes Cauliflower Pudding *Diab Banana</p> 	<p>9</p> <p>Hot Hamwich Alt: Turkeywich Potato Salad Marinated Green Beans Fresh Oranges</p> 	<p>10</p> <p>Beef Pot Roast W/Vegetables Waldorf Gelatin Salad Apple Pie *Diab: French Apple Pie</p>
<p>13</p> <p>Hamburger Veg Soup Crackers Tuna Salad on Bun Pear Cup Flavored Ice Cream *Diab Vanilla Ice Cream</p>	<p>14</p> <p>Porcupine Meatballs Mashed Potatoes Corn/Pimento Cherry Crisp w/Topping *Diab Angel Food Cake</p> 	<p>15</p> <p>Seashore Tuna Casserole Mixed Green Salad Tomato Wedge Muffin w/Margarine Moon Cake *Diab: Fruit</p>	<p>16</p> <p>Pork Roast Mashed Potato/Gravy Spinach/Vinegar Fresh Banana</p> 	<p>17</p> <p>Fish Sand w/ch&amp;lettuce Roasted Potatoes Brussel Sprouts Chocolate Chip Cake *Diab Cookie</p>
<p>20</p> <p>Ham &amp; Baked Potato Alt: Beef Dilled Carrots Green Salad Fruit Cup</p> 	<p>22</p> <p>Creamy Chicken Parm. Rice Pilaf Fresh Squash 7 Layer Salad Cookie *Diab: Pineapple Tidbit</p>	<p>22</p> <p>Meat Lasagna Tossed Salad Garlic Bread Lemon Bar *Diab Fruit</p> 	<p>23</p> <p>Baked Turkey Mashed Potatoes Green Bean Casserole Pumpkin Pie *Diab Pumpkin Bar</p>	<p>24</p> <p>Vegetable Soup/Cracker Egg Salad on Bun Macaroni Fruit Salad Oatmeal Cake *Diab: Cookie</p>
<p>27</p> <p>CLOSED FOR MEMORIAL DAY</p> 	<p>28</p> <p>Ham Balls Alt: Beef Patty Baked Potato/Sr Crm Corn Yogurt Fruit Cup</p>	<p>29</p> <p>Chicken Chow Mein Cranberry Bog Salad Romaine Lettuce Brownie *Diab Mixed Fruit Cup</p>	<p>30</p> <p>Beef Sandwich Potatoes Green Beans w/Mushrms Ice Box Dessert *Diab Fruit</p>	<p>PLEASE - - -</p> <p><b>MAKE MEAL RESERVATIONS OR CANCELLATIONS 24 HOURS IN ADVANCE THANKS!</b></p>

Alternate on Menu = Diner's Choice

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