

Meals are subject to change

Semcac Senior Nutrition

November 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>4 Chili Con Carne Pineapple Slices Corn Muffin w/Marg Flavored Ice Cream *Diab Vanilla Ice Cream</p>	<p>5 Chicken Pot Pie Tossed Salad/Fixings Fruited Muffin w/Marg Starburst Cake *Diab Fruit Cup</p>	<p>6 BBQ Meatballs Red Potatoes Cauliflower Pudding *Diab Banana</p>	<p>7 Hot Hamwich Alt: Turkeywich Potato Salad Marinated Green Beans Apple Crisp *Diab Cookie/Bar</p>	<p>1 Hamburger Stew Spiced Peaches Muffin w/Marg Mild Gingerbread cake w/ Whipped topping *Diab Fruit</p>
<p>11 Veteran's Day</p>	<p>12 Pork Roast Cinnamon Applesauce Mashed Potatoes/Gravy Spinach/Vinegar Fresh Banana</p>	<p>13 Hamburger Vegetable Soup Crackers Egg Salad on a bun Carrot Coin Salad Chocolate Cherry Bar *Diab Cookie</p>	<p>14 Creamy Chicken Parmesan Rice Pilaf Asparagus 7 Layer Salad Cookie *Diab Pineapple tidbits</p>	<p>15 Porcupine Meatballs Mashed Potatoes Corn/Pimento Cherry Crisp with Topping *Diab Angel Food Cake</p>
<p>18 Beef Rice Cabbage Hotdish Mixed Fruit Cup Pudding *Diab Cookie</p>	<p>19 BBQ on Bun Oven Browned Potatoes Baked Beans Apple Crisp w/whnpd Tpg *Diab Fruit</p>	<p>20 Thanksgiving Dinner Baked Turkey Washed Potatoes Bread Dressing Green Bean Casserole Pumpkin Pie *Diab Pumpkin Pie</p>	<p>21 Enchilada Casserole Carrots Pear Half/Cranberry Sauce Coconut Custard Pie *Diab Cookie</p>	<p>22 Ham & Bean Soup Egg Salad on a bun Cinnamon Applesauce geletin Lemon Poppy Seed Cake *Diab Angel Food Cake</p>
<p>25 Ham Balls Alt: Beef Patty Baked Potato/Sr Cream Corn Yogurt Fruit Cup</p>	<p>26 Cream Chicken over Biscuit Cranberry Bog Salad Mixed Greens Brownies *Diab Mixed Fruit Cup</p>	<p>27 Spaghetti Sauce w/ noodles Coleslaw/Carrots Garlic Bread Lemon Bar *Diab Fruit</p>	<p>28 Thanksgiving - Closed</p>	<p>29 Thanksgiving - Day After</p>

Alternate on Menu = Diner's Choice

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