

Meals are subject to change

Semcac Senior Nutrition

December 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Chicken ala King Over Biscuit Seasoned Peas Cinnamon Applesauce Mixed Fruit Cup	3 Pork Steak Dressing Asparagus Coleslaw Cookie *Diab Fruit	4 Tomato Barley Soup Crackers Egg Salad Sandwich Five Cup fruit Salad Peanut Butter Brownie *Diab Cookie or Bar	5 Meat Lasagna Tossed Salad Orange Garlic Bread Moon Cake *Diab Cookie or Bar	6 Kielbasa Alt: Baked Fish/Tartar Sc Baked Potato/Sr Cream Squash Fresh Banana
9 Baked Fish w/Tartar Sauce Oven Browned Potatoes Parslled Carrots Mandarin Orange Dessert	10 Spaghetti & Meat Sauce Tossed Salad w/Dressing P/A Rings w/Cottage Ch Garlic Bread Cookie *Diab Fruit Cup	11 Roast-Beef Sandwich Boiled Potatoes Broccoli/Cauliflower Oatmeal Choc Chip Bar *Diab Cookie	12 Hawaiian Chicken Rice Pilaf Green Beans Orange Pudding *Diab Fruit Cup	13 Meat Loaf Baked Potatoes Stewed Tomatoes Fruit Cup
16 Hamburger on a Bun w/ pickel/onion/tomatoketchup/mustard Roadside Potatoes Baked Beans w/Apples Fresh Fruit	17 Hot Turkey over Bread/w Gravy Mashed Potatoes Buttered Beets Pumpkin Bar *Diab Fruit Cup	18 Chef Salad-Lettuce, Tomato, Cuke,Boiled Egg,Ham, Cheese Alt: Chicken Breast Hawaiian Cake Diab: Fruit Cup	18 Christmas Dinner Baked Ham Alt: Chicken Breast Baked Sweet Potato Green Bean w/Mushrooms Peppermint Ice Cream w/ Christmas Cookie	20 Seashore Tuna Casserole Mixed Green Salad Tomato Wedge Muffin w/Margarine Moon Cake *Diab Fruit
23 CLOSED WINTER HOLIDAY	24 CLOSED WINTER HOLIDAY	25 CLOSED WINTER HOLIDAY	26 Salisbury Steak w/Gravy Mashed Potatoes Corn Fresh Oranges	27 Pork Loin Baked Potato Green Beans Rocky Road Pudding *Diab Cookie/Bar
30 Swiss Steak w/Gravy Mashed Potatoes Peas Pineapple/Pear/Peach Cup	31 Hamburger Veg Soup Crackers Egg Salad Sandwich Pear Cup Flavored Ice Cream *Diab Vanilla Ice Cream			

Alternate on Menu = Diner's Choice
 Supplier Inventory and Supply Chain difficulties continue to make a few changes to our menu likely.

In inclement weather:
 Please visit
 Or visit our FB page
 Or call 507-864-8231