

Meals are subject to change

Semcac Senior Nutrition

JANUARY 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>In inclement weather: Please visit Or visit our FB page Or call 507-864-8231</p>		NEW YEAR'S - CLOSED		
<p>Salisbury Steak Mashed Potatoes Brussel Sprouts Flavored Ice Cream *Diab Vanilla Ice Cream</p>	<p>Pork Loin Oven Roasted Potatoes Corn Muffin w/ marg Baked Apple</p>	<p>Baked Ham Baked Sweet Potato Green Bean Casserole Lemon Chiffon Pie *Diab Angel Food Cake</p>	<p>Chicken Breast Mashed Potatoes/Gravy Asparagus Mandarin Orange Dessert *Diab Madarin Oranges</p>	<p>Tuna Casserole Seasoned Peas & Celery Muffin w/Marg Cherry Crisp *Diab Angel Food cake</p>
<p>6</p>	<p>7</p>	<p>8</p>	<p>9</p>	<p>10</p>
<p>Swedish Meatballs Mashed Potatoes w/Marg Herbed Green Beans Mixed Fruit Cup</p>	<p>Taco Casserole Mexican Corn Corn Bread w/Marg Cherry Crunch Dessert With whipped topping *Diab Peaches</p>	<p>Creamed Chicken Over Biscuit Diced Carrots 7-Layer Salad Fruit Cocktail Cake *Diab Cookie</p>	<p>Goulash 3 - Bean Salad Beet Pickles Garlic Bread Fresh Apple</p>	<p>Breakfast Wrap Sausages Fruit Cup Bar *Diab Cookie/Bar</p>
<p>13</p>	<p>14</p>	<p>15</p>	<p>16</p>	<p>17</p>
<p>CLOSED MARTIN LUTHER KING</p>	<p>20</p>	<p>21</p>	<p>22</p>	<p>23</p>
<p>Roast Beef Mashed Potatoes Harvard Beets Fresh Fruit</p>	<p>Cream of Broccoli Soup Crackers Chicken Salad Strawberry Shortcake/Top *Diab Fruit Cup</p>	<p>BBQ on Bun Oven Browned Potatoes Baked Beans Apple Crisp w/whp top.</p>	<p>Beef Stew Seafoam salad Muffin w/ Marg Rice Krispie Bar *Diab cookie</p>	<p>24</p>
<p>27</p>	<p>28</p>	<p>29</p>	<p>30</p>	<p>31</p>
<p>Swiss Steak in Tomato Sc Baked Potato/Sr Cream Mixed Vegetables Orange/Pear Cup</p>	<p>Taco Salad: Sr C/Fr Drsg Salsa, Meat, Shred Ch, Shred Lettuce, Diced Tomatoes, Tostato Chips Black Bean Salad Beethnk Cake *Diab Cookie/Bar</p>	<p>Hamburger Stew Spiced Peaches Muffin w/ Marg, Gingerbread Cake w/w/whp top Diab: Fruit</p>	<p>Roast Pork Mashed Potatoes w/Gravy Fresh Squash Fruit Cocktail Cake *Diab Fresh Fruit</p>	<p>Chicken Alfredo Lasagna Mixed Green Salad Garlic Bread P.A. Slices Pudding *Diab Mandarin Oranges</p>

Alternate on Menu = Diner's Choice

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