

Meals are subject to change

## Semcac Senior Nutrition

**February 2025**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Chili Con Carne Pineapple Slices Corn Muffin/Marg Flavored Ice Cream *Diab Vanilla Ice Cream	4 Chicken Pot Pie Tossed Salad/Fixings Fruited Muffin w/Marg Starburst Cake *Diab Fruit Cup	5 BBQ Meatballs Boiled Red Potatoes Cauliflower Pudding *Diab Banana	6 Hot Hamwich Potato Salad Marinated Green Beans Apple Crisp *Diab Cookie/Bar	7 Lasagna Tossed Salad w/Dressing 5-Cup Fruit Salad Garlic Bread Cookie *Diab Cookie
10 Tator Tot Casserole Tossed Salad Pickle Spear Mixed Fruit Cup	11 Pork Roast Cinnamon Applesauce Mashed Potatoes/Gravy Spinach/Vinegar Fresh Banana	12 Vegetable Soup Crackers BBQ on Bun Carrot Coin Salad Chocolate Cherry Bar *Diab Cookie	13 Creamy Chicken Parmesan Rice Pilaf Asparagus 7 Layer Salad Bar *Diab Pineapple Tidbits	14 <b>Valentine's Day</b> Porcupine Meatballs Mashed Potatoes Corn/Pimento Cherry Crisp w/Topping *Diab Angel Food Cake
17 Beef Rice Cabbage Holdish Mixed Fruit Cup Pudding *Diab Cookie	18 Pulled Pork on Bun Oven Browned Potatoes Baked Beans Apple Crisp w/W/npd Tpg *Diab Fruit	19 Enchilada Casserole Carrots Pear Half/Cranberry Sauce Coconut Custard Pie Sq. *Diab Bar	20 Baked Turkey Mashed Potatoes w/ Gravy Green Bean Casserole Pumpkin Pie *Diab Cookie	21 Ham & Bean Soup Cheese on Rye Cinnamon Applesauce Gel Lemon Poppy Seed Cake *Diab Angel Food Cake
24 Ham Balls Baked Potato/Sour Cream Succotash Yogurt Fruit Cup	25 Turkey Ala King/Biscuit Cranberry Bog Salad Romaine Lettuce Brownies *Diab Mixed Fruit Cup	26 Goulash Coleslaw /Peas Muffin w/Marg Lemon Bar *Diab Fruit	27 Baked Chicken Mashed Potatoes w/gravy Green Beans Fruited Muffin w/Marg Fruit Cup	28 Beef Pot Roast w/Veg Waldorf Gelatin Salad Fresh Oranges
<p>In inclement weather: Please visit Or visit our FB page Or call 507-864-8231</p>				

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