

Meals are subject to change

Semcac Senior Nutrition

May 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
In inclement weather: Please visit www.semcac.org Or visit our FB page Or call 507-864-8231			1 Hamburger Stew Spiced Peaches Muffin w/Marg Mild Gingerbread Cake w/ Whipped Topping *Diab Fruit	2 Roast Pork Mashed Potatoes w/Gravy Squash Fruit Cocktail Cake *Fresh Fruit
	5 Chili Con Carne Pineapple Slices Corn Muffin w/Marg Flavored Ice Cream *Diab Vanilla Ice cream	6 BBQ Meatballs Boiled Red Potatoes Cauliflower Pudding *Diab Banana	7 Chicken Pot Pie Tossed Salad w/Fixings Fruited Muffin w/Marg Starburst Cake *Diab Fruit Cup	8 Hot Hamwich Potato salad Marinated Green Beans Apple Crisp *Diab cookie/bar
	12 Tater Tot Casserole Tossed Salad Pickles Mixed Fruit Cup	13 Rosemary Pork Roast Cinnamon Applesauce Mashed Potatoes w/Gravy Spinach Fresh Banana	14 Hamburger Vegetable Soup Crackers Egg Salad on a Bun Carrot Coin Salad Chocolate Cherry Bar *Diab Cookie	15 Creamy Chicken Parmesan Rice Pilaf Asparagus 7 Layer Salad Cookie/Bar *Diab Pineapple Tidbits
	19 Beef Rice Cabbage Hotdish Mixed Fruit Cup Pudding *Diab Cookie	20 BBQ on a Bun Oven Browned Potatoes Baked Beans Apple Crisp w/W/HPD Tpg *Diab Fruit	21 Baked Turkey Mashed Potatoes Green Bean Casserole Pumpkin Crisp *Diab Cookie	22 Enchilada Casserole Carrots Pears/Cranberry Sauce Coconut Custard Pie *Diab Cookie
	26 MEMORIAL DAY Ham Balls Alt: Beef Patty Baked Potato w/Sr Cream Succotash Yogurt Fruit Cup	27	28 Goulash Orange – ¼ fresh Coleslaw Muffin w/Marg Lemon Bar *Diab fruit	29 Chicken Broccoli Bake Cranberry Bog Salad Snickerdoodle Brownies *Diab Mixed Fruit Cup
			30 Beef Pot Roast/Vegetables Waldorf Gelatin Salad Fresh Oranges	

Alternate on Menu = Diner's Choice

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