

Meals are subject to change

## Semcac Senior Nutrition – Red Wing

**March 2026**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p style="text-align: right;">2</p> <p>Turkey which Vegetable Pasta Salad Fruit Cup Banana</p>	<p style="text-align: right;">3</p> <p>Meat Lasagna Tossed Salad Mandarin Oranges Cinnamon Applesauce *Diab Cookie or Bar</p>	<p style="text-align: right;">4</p> <p>Roasted Tomato Bisque Crackers Egg Sld Sand Five Cup Fruit Salad Bar/Cookie</p>	<p style="text-align: right;">5</p> <p>Pork Loin Dressing W/Gravy Asparagus Mixed Fruit Cup Peanut Butter Brownie *Diab Fruit</p>	<p style="text-align: right;">6</p> <p>Kielbasa <b>Alt:</b> Baked Fish/Tartar Sce Baked Potato/Sr Cream Carrots Fresh Apple</p>
<p style="text-align: right;">9</p> <p>Meat Loaf Mashed Potatoes/Marg Stewed Tomatoes Fruit Cup</p>	<p style="text-align: right;">10</p> <p>Hawaiian Chicken Rice Pilaf Green Beans Orange Wedges Pudding *Diab Fruit Cup</p>	<p style="text-align: right;">11</p> <p>Roast Beef on Bun Boiled Potatoes Broccoli/Cauliflower Oatmeal Choc Chip Bar *Diab Cookie</p>	<p style="text-align: right;">12</p> <p>Spaghetti &amp; Meat Sce Tossed Salad/Dressing P/A Rings w/Cottage Ch Garlic Bread Cookie or Bar *Diab Fruit Cup</p>	<p style="text-align: right;">13</p> <p>Baked Fish/Tartar Sc Oven Brownd Potatoes Parslied Carrots Mandarin Orange Dessert *Diab Mandarin Oranges</p>
<p style="text-align: right;">16</p> <p>Hot Turkey Over bread with Gravy Mashed Potatoes Mixed Veg Pumpkin Bar *Diab Fruit Cup</p>	<p style="text-align: right;">17</p> <p>Baked Ham <b>Alt:</b> Ground Beef Patty w/Boiled Potatoes/Cab/Carrot/Onion Seafoam Salad Double Pistachio Cake *Diab Angel Food Cake</p>	<p style="text-align: right;">18</p> <p>Hamburger on Bun Pickles/Onion/Tomato/Ketchup Roadside Potatoes Baked Beans w/Apples Fresh Fruit</p>	<p style="text-align: right;">19</p> <p><b>Chef Salad:</b> Lettuce Tomato/Cuke Boiled Egg Chicken Cheese Croutons Peanut Butter Brownie *Diab Fruit Cup</p>	<p style="text-align: right;">20</p> <p>Seashore Tuna Casserole Mixed Green Salad Tomato Wedge Muffin w/Marg Moon Cake *Diab Fruit</p>
<p style="text-align: right;">23</p> <p>Swiss Steak w/Gravy Mashed Potatoes/Gravy Corn Pineapple/Pear Peach Cup</p>	<p style="text-align: right;">24</p> <p>Chicken Chili w/Sh Cheese Crackers Peach Half/Cottage Cheese Cornbread Walnut Dream Bar *Diab Fruit Cup</p>	<p style="text-align: right;">25</p> <p>Sweet Pepper Steak Brown Rice Yellow Beans Tossed Salad/Dressing Fruit Cocktail Cake *Diab Mixed Fruit Cup</p>	<p style="text-align: right;">26</p> <p>BBQ Pork Loin Baked Potato/Sr Cream Calico Beans Rocky Road Pudding *Diab Cookie/Bar</p>	<p style="text-align: right;">27</p> <p>Salisbury Steak <b>Alt:</b> Baked Fish/Tartar Sc Hashbrown AuGratin Potatoes Whole Kernal Corn Fresh Orange</p>
<p style="text-align: right;">30</p> <p>Chicken Breast Baked Dumpling/Gravy Asparagus Coleslaw Mandarin Orange Dessert *Diab Mandarin Oranges</p>	<p style="text-align: right;">31</p> <p>Roast Beef Mashed Potatoes/Gravy Broccoli/Cauliflower Banana</p>	<p><b>RW Jordan Tower</b> <b>651-388-9875</b> <b>Zumbrota</b> <b>507-732-5086</b> <b>Pine Island</b> <b>507-356-2228</b> <b>Lake City 651-345-577</b> <b>Wabasha 507-459-5766</b></p>		<p style="text-align: center;">In inclement weather: Please visit <a href="http://www.semcac.org">www.semcac.org</a> Or visit our Facebook page Or call 507-864-8231</p>

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