

Meals are subject to change

Semcac Senior Nutrition

April 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>In inclement weather: Please visit www.semcac.org Or visit our Facebook page Or call 507-864-8231</p>	10	1	2	3
		Cheese & Ham Strata Muffin w/Marg Yogurt Fruit Cup Crumb Cake	Hamburger Veg Soup Crackers Egg Salad Sandwich Pear/Grape Cup Flavored Ice Cream *Diab Vanilla Ice Cream	CLOSED SPRING HOLIDAY
6	7	8	9	
Swedish Meatballs Mashed Potatoes w/Marg Herbed Green Beans Mixed Fruit Cup	Turkey Taco Casserole Mexican Corn Corn Bread w/Marg Cherry Crunch Dessert with Whipped Topping *Diab Peaches	Baked Ham Alt: Chicken Breast Baked Sweet Potato Green Bean Casserole Lemon Chiffon Pie *Diab Angel Food Cake	Hamburger Gravy over Mashed Potatoes Parslied Carrots Apple Cranberry Crisp with Whipped Topping *Diab Applesauce	Goulash 3-Bean Salad Beet Pickles Garlic Bread Fresh Banana
13	14	15	16	17
Salisbury Steak Alt: Liver & Onions Mashed Potatoes Brussel Sprouts Ice Cream - Flavored *Diab Vanilla Ice Cream	Garlic & Herb Pork Loin Oven Roasted Potatoes Green Beans/Mushrooms Muffin w/Marg Baked Apple	Breakfast Wrap's Sausages Fruit Cup Chocolate Chip Muffin *Diab Cookie/Bar	Creamed Chicken over Biscuit Diced Carrots 7-Layer Salad Gingerbread Cake *Diab Cookie	Scalloped Potatoes W/Turkey Green Beans Herbed Biscuit Oatmeal Cake *Diab Cookie
20	21	22	23	24
Chicken Breast Mashed Potatoes w/Gravy Broccoli Blushing Pears	Cream of Broccoli Soup Crackers Chicken Salad on Bun Tossed Salad Strawberry Short Cake *Diab Fruit Cup	Roast Beef Mashed Potatoes w/Gravy Harvard Beets Fresh Fruit	BBQ on Bun Oven Browned Potatoes Baked Beans Apple Crisp w/Whpd Topping *Diab Fruit	Beef Stew Seafoam Salad Corn bread w/Marg Rice Krispie Bar *Diab Cookie
27	28	29	30	
Swiss Steak in Tomato Sc Baked Potato Mixed Vegetables Orange/Pear Cup	Taco Salad: Taco Meat Sr Cr/French Dress/Salsa Salad mix/Shred Cheese Diced Tomatoes/Tost Chp Creamy Corn Casserole Beetnik Cake *Diab Cookie/Bar	Meat Lasagna Mixed Green Salad Garlic Bread Pineapple Slices Pudding *Diab Mandarin Oranges	Roast Pork Mashed Potatoes/Gravy Fresh Squash Fruit Cocktail Cake *Fresh Fruit	

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