
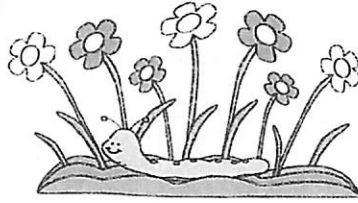


Meals are subject to change

Semcac Senior Nutrition

May 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				<p>1</p> <p>Hamburger Stew Spiced Peaches Muffin w/Marg Mild Gingerbread Cake with Whipped topping *Diab Fruit</p>
<p>4</p> <p>Chili Con Carne Crackers Pineapple Slices Corn Muffin/Marg Pudding *Diab Banana</p>	<p>5</p> <p>BBQ Meatballs Boiled Red Potatoes Cauliflower Flavored Ice Cream *Diab Vanilla Ice Cream</p>	<p>6</p> <p>Turkeywiche on Bun Potato Salad Marinated Green Beans Orange Cake *Diab Cookie/Bar</p>	<p>7</p> <p>Chicken Pot Pie Tossed Salad/Fixings Fruited Muffin w/Marg Starburst Cake *Diab Fruit Cup</p>	<p>8</p> <p>Chicken Enchilada Casserole Carrots Pear Half/Cranberry Sauce Coconut Custard Pie *Diab Cookie</p>
<p>11</p> <p>Tator Tot Casserole Tossed Salad Mixed Fruit Cup Fresh Banana</p>	<p>12</p> <p>Rosemary Pork Roast Mashed Potatoes/Gravy Spinach/Vinegar Cinnamon Applesauce</p>	<p>13</p> <p>Hamburger Vegetable Soup Crackers Egg Salad on Bun Carrot Coin Salad Chocolate Cherry Bar *Diab Cookie</p>	<p>14</p> <p>Creamy Chicken Parmesan Rice Pilaf Asparagus 7 Layer Salad Cookie/Bar *Diab Pineapple Tidbits</p>	<p>15</p> <p>Porcupine Meatballs Mashed Potatoes Corn/Pimento Cherry Crisp with Topping *Diab Angel Food Cake</p>
<p>18</p> <p>Beef Rice Cabbage Hotdish Tossed Salad Mixed Fruit Cup Pudding *Diab Cookie</p>	<p>19</p> <p>BBQ on Bun Oven Browned Potatoes Baked Beans Dutch Apple Cake *Diab Fruit</p>	<p>20</p> <p>Baked Turkey Mashed Potatoes Bread Dressing Green Bean Casserole Pumpkin Crisp *Diab Pumpkin Pie</p>	<p>21</p> <p>Meat Lasagna Salad w/Dressing 5-Cup Fruit Salad Garlice Bread Cookie *Diab Cookie</p>	<p>22</p> <p>Ham & Bean Soup Crackers Egg Salad on Bun Cinnamon Applesauce Gelatin Lemon Poppy Seed Cake *Diab Angel Food Cake</p>
<p>25</p> <p>Memorial Day</p>	<p>26</p> <p>Chicken Broccoli Bake Cranberry Bog Salad Romaine Lettuce Garnish Snickerdoodle Brownies *Diab Mixed Fruit Cup</p>	<p>27</p> <p>Goulash Tossed Salad Coleslaw Lemon Bar *Diab Fruit</p>	<p>28</p> <p>Broccoli Cheese Egg Bake Sausages Fruit Cup Fruited Muffin Oatmeal Bar *Diab - Use Oatmeal Bar</p>	<p>29</p> <p>Beef Pot Roast Potatoes/Carrots Waldorf Gelatin Salad Fresh Orange</p>

In Inclement weather: Please visit www.semcac.org or visit our Facebook page or call 507-864-8231