


Meals are subject to change

Semcac Senior Nutrition

June 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Rosemary Roasted Pork Mashed Potatoes/Gravy Stewed Tomatoes Fruit Cup	2 Chef Salad Mixed Greens Ham Strips Alt: Chix Breast Hard Boiled Egg CROUTONS Muffin/Marg Cantaloupe Cup Cookie	3 Spaghetti w/Meat Sauce Green Salad/Dressing Pineapple Slices Garlic Bread Brownie *Diab Mixed Fruit Cup	4 Chicken Salad Sandwich Fruited Coleslaw Green Bean & Pea Salad Cookie or Bar *Diab Cookie	5 BBQ on Bun Hashbrowns Au Gratin Baked Beans Hawaiian Cake *Diab Pineapple Tidbits
8 Ham & Cheese Pasta Alt: Chix & Cheese Pasta Mixed Greens Melon Wedge Crumb Cake *Diab Banana	9 Porcupine Meatballs Mashed Potatoes Corn Spring Dessert *Diab Angel Food Cake	10 Hamburger With Fixings on Bun Potato Salad Creamy Italian Coleslaw Flavored Ice Cream *Diab Vanilla Ice Cream	11 Tator Tot Casserole 7-Layer Salad Pineapple Rings Strawberry Phoo Phoo *Diab Fruit	12 Kielbasa/Saurkt Garnish Alt: Salisbury Steak Baked Potato/ Sour Cream Green Beans Fruited Gelatin *Diab Applesauce
15 Goulash Fruit Cup Pickle Oatmeal Choc Chip Bar *Diab Cookie	16 Pork Chow Mein Over Rice Tossed Salad /Dressing Fruit Salad Chocolate Yum Yum *Diab Fresh Fruit Cup	17 Meatballs w/Gravy Mashed Potatoes 5-Way Mixed Vegetable Spiced Peaches Bar or Cookie *Diab Bar or Cookie	18 Brat w/onion & Krau on Bun Alt: Hamburger With Fixings on Bun Potato Salad Orange Wedges Flavored Ice Cream *Diab Vanilla Ice Cream	19 Juneteenth Holiday
22 Ham Balls Alt: Fish Parlsled Boiled Red Potatoes Cauliflower Fresh Orange	23 Taco Salad Corn Relish Strawberry Shortcake *Diab Fruit	24 Chicken Parmesan Mashed Potatoes Broccoli Starburst Cake *Diab Angelfood Cake	25 Beef Enchilada Casserole 7 - Layer Salad Peaches Moon Cake *Diab Unswt Fruit	26 Tuna Salad on Bun Potato Salad Carrot Raisin Salad Brownie *Diab Cookie
29 BBQ Pulled Pork on Bun Cheesy Hashbrowns Dilled Carrots Fresh Fruit	30 Hamburger Stroganoff Over Noodles California Blend Veg Spiced Peaches Cookie *Diab Cookie			

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

For Reservations, please call one day in advance:
 Lake City: 651-345-5977
 Pine Island: 507-356-8441
 Red Wing: 651-388-9875
 Wabasha: 507-459-5766
 Zumbrota: 507-732-5086