

Meals are subject to change

Semcac Senior Nutrition

July 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 Fruit Chicken Salad 3-Bean Salad Cuke Salad w/Sr Crm Drsg Fruit Cup Chocolate Cherry Bar *Diab Cookie	2 Hamwich Alt: Turkeywich Cuke Salad/Sr Cream Dressing Fruit Cup Chocolate Cherry Bar *Diab Cookie	3 Independence Day
6 Rosemary Roasted Pork Mashed Potatoes/Gravy Stewed Tomatoes Hawaiian Cake *Diab Pineapple Tidbits	7 Chicken Salad Sandwich Fruited Coleslaw Green Bean & Pea Salad Cookie or Bar *Diab Cookie	8 Spaghetti/Meat Sc Green Salad/Dressing Pineapple Slices Garlic Bread Brownie *Diab Mixed Fruit Cup	9 Chef Salad Mixed Greens Ham Strips Alt: Chix Breast Hard Boiled Egg ½ /Cheese Croutons/Tomato Wedge Muffin/Marg Cantaloupe Cup Cookie/*Diab Cookie	10 BBQ on Bun Hashbrowns Au Gratin Baked Beans Melon Cup
13 Ham & Cheese Pasta Alt: Chix & Cheese Pasta Mixed Greens Melon Wedge Crumb Cake *Diab Banana	14 Hamburger with fixings on Bun Potato Salad Creamy Italian Coleslaw Flavored Ice Cream *Diab Vanialla Ice Cream	15 Porcupine Meatballs Mashed Potatoes Corn Spring Dessert *Diab Angel Food Cake	16 Tator Tot Casserole 7-Layer Salad Pineapple Rings Strawberry Phoo Phoo *Diab Fruit	17 Kielbasa/Saurkrt Garnish Alt: Salisbury Steak Baked Potato/Sour Cream Green Beans Fruited Gelatin *Diab Applesauce
20 Goulash Fruit Cup Pickle Oatmeal Choc Chip Bar *Diab Cookie	21 Meatballs w/Gravy Mashed Potatoes 5-Way Mixed Vegetable Spiced Peaches Bar or Cookie *Diab Bar or Cookie	22 Chicken Chow Mein over rice Tossed Salad/Dressing Fruit Salad Chocolate Yum Yum *Diab Fresh Fruit Cup	23 Brat w/onion & krau on Bun Alt: Hamburger With Fixings on Bun Potato Salad Orange Wedges Flavored Ice Cream *Diab Vanilla Ice Cream	24 Chicken Romaine Salad Alt: Crab Salad Melon Wedge Muffin/Marg Applesauce Raisin Bar *Diab Applesauce
27 Ham Balls Alt: Fish Parslied Boiled Red Potatoes Cauliflower Fresh Orange	28 Beef Enchilada Casserole 7-Layer Salad Peaches Moon Cake *Diab Unswt Fruit	29 Chicken Parmesan Mashed Potatoes Broccoli Starburst Cake *Diab Angelfood Cake	30 Taco Salad Corn Relish Strawberry Shortcake *Diab Fruit	31 Tuna Salad on Bun Potato Salad Carrot Raisin Salad Brownie *Diab Cookie