

Meals are subject to change

Semcac Senior Nutrition – Red Wing Kitchen

August 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 BBQ Pulled Pork on Bun Cheesy Hashbrowns Dilled Carrots Fresh Fruit in Season	4 Hamburger Stroganoff over noodles California Blend Veg Spiced Peaches Cookie *Diab Cookie	5 Fruity Chicken Salad 3-Bean Salad Creamy Coleslaw Coconut/Pineapple Sq *Diab Fruit	6 Hamwich Alt: Turkeywich Cuke Salad/Sr Cream Drsg Fruit Cup Chocolate Cherry Bar *Diab Cookie	7 Roast Beef Mashed Potatoes w/Gravy Green Beans w/Mshrooms Icebox Dessert *Diab Peaches
10 Rosemary Roasted Pork Mashed Potatoes/Gravy Stewed Tomatoes Hawaiian Cake *Diab Pineapple Tidbits	11 Chef Salad Mixed Greens Ham Strips Alt: Chix Brst Hard Boiled Egg / Cheese Croutons / Tomato Wedge Muffin/Marg Cantaloupe Cup Cookie / *Diab Cookie	12 Spaghetti Green Salad / Dressing Pineapple Slices Garlic Bread Brownie *Diab Mixed Fruit Cup	13 Chicken Salad Sandwich Fruited Coleslaw Green Bean & Pea Salad Cookie or Bar *Diab Cookie	14 BBQ on Bun Hashbrowns Au Gratin Green Beans Melon Cup
17 Ham & Cheese Pasta Alt: Chix & Cheese Pasta Mixed Greens Mandarin Oranges Crumb Cake *Diab Banana	18 Tator Tot Casserole 7-Layer Salad Pineapple Rings Strawberry Phoo Phoo *Diab Fruit	19 Porcupine Meatballs Mashed Potatoes Corn Spring Dessert *Diab Angel Food Cake	20 Hamburger with fixings on Bun Potato Salad Creamy Italian Coleslaw Flavored Ice Cream *Diab Vanilla Ice Cream	21 Kielbasa/Saurkrt Garnish Alt: Salisbury Steak Baked Potato/Sour Cream Green Beans Fruited Gelatin *Diab Applesauce
24 Goulash Fruit Cup Pickle Oatmeal Choc Chip Bar *Diab Cookie	25 Meatballs w/Gravy Mashed Potatoes 5-Way Mixed Vegetable Spiced Peaches Bar or Cookie *Diab Bar or Cookie	26 Chicken Chow Mein over Rice Tossed Salad / Dressing Fruit Salad Chocolate Yum Yum *Diab Fresh Fruit Cup	27 Brat w/Onion/Kraut on Bun Alt: Hamburger With Fixings on Bun Potato Salad Orange Wedges Flavored Ice Cream *Diab Vanilla Ice Cream	28 Chicken Romaine Salad Alt: Crab Salad Melon Wedge Muffin/Marg Applesauce Raisin Bar *Diab Applesauce
31 Ham Balls Alt: Fish Parslied Boiled Red Potatoes Cauliflower Fresh Orange				RW Jordan Tower 651-388-9875 Zumbrota 507-732-5086 Pine Island 507-356-2228 Lake City 651-345-5977 Wabasha 507-459-5766