

Meals are subject to change

Semcac Senior Nutrition

September 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 Beef Enchilada Casserole 7-Layer Salad Peaches Cake *Diab Unswt Fruit	2 Chicken Parmesan Mashed Potatoes Broccoli Starburst Cake *Diab Angelfood Cake	3 Taco Salad Street Mexican Corn Strawberry Shortcake *Diab Fruit	4 Tuna Salad on Bun Potato Salad Fruit Brownie *Diab Cookie
7 Labor Day	8 Pork Loin Dressing W/Gravy Asparagus Mixed Fruit Cup Peanut Butter Brownie *Diab Fruit	9 Chicken Tortilla Soup Crackers Egg Salad Sandwich Moon Cake *Diab Cookie or Bar	10 Meat Lasagna Tossed Salad Orange Wedges Garlic Bread Cinnamon Applesauce *Diab Cookie or Bar	11 Salisbury Steak Alt: Baked Fish/Tarter Sc Hashbrown Au Gratin Potatoes Peas & Carrots Cookie or Bar
14 Meat Loaf Mashed Potatoes/Marg Carrots Fruit Cup	15 Hawaiian Chicken Rice Pilaf Green Beans Orange Wedges Pudding *Diab Fruit Cup	16 Roast Beef on Bun Baked beans w/Apples Broccoli/Cauliflower Oatmeal Choc Chip Bar *Diab Cookie	17 Spaghetti & Meat Sauce Tossed Salad/Dressing Peach half w/Cottage Ch Garlic Bread Cookie or Bar *Diab Fruit Cup	18 Baked Fish Tartar Sc Oven Brownd Potatoes Parslied Carrots Mandarin Orange Dessert *Diab Mandarin Oranges
21 Hamburger on Bun Pickle/Onion/Tomato/Ketchup Roadside Potatoes Green Beans Fresh Fruit	22 Baked ham Alt: Ground Beef Patty w/Boiled Potatoes/Cab Carrot/Onion Seafoam Salad Double Pistachio Cake *Diab Angel Food Cake	23 Hot Turkey w/Gravy Mashed Potatoes Buttered Beets Pumpkin Bar *Diab Fruit Cup	24 Chef Salad: Lettuce Tomato/Cuke Boiled Egg Chicken Cheese Croutons Brownie *Diab Cookie	25 Seashore Tuna Casserole Mixed Green Salad Tomato Wedge/Beet Pickle Muffin w/Marg Bar *Diab Fruit
28 Swiss Steak w/Gravy Mashed Potatoes/Gravy Broccoli Pineapple/Pear Peach Cup	29 Chicken Chili w/Sh Cheese Crackers Tossed Salad/Dressing Pineapple Slices Walnut Dream Bar *Diab Cookie	30 Sweet Pepper Steak Brown Rice Peas Peach Half/Cottage Cheese Fruit Cocktail Cake *Diab Mixed Fruit Cup		RW Jordan Tower 651-388-9875 Zumbrota 507-732-5086 Pine Island 507-356-2228 Lake City 651-345-5977 Wabasha 507-459-5766