

Meals are subject to change

Semcac Senior Nutrition

October 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		RW Jordan Tower 651-388-9875 Zumbrota 507-732-5086 Pine Island 507-356-2228 Lake City 651-345-5977 Wabasha 507-459-5766	BBQ Pork Loin on Bun Baked Potato/Sr Cream Green Beans Rocky Road Pudding *Diab Cookie/Bar	Beef Pot Roast Potatoes/Carrots Waldorf Gelatin Salad Fresh Orange
5 Chicken Breast Baked dumpling/Gravy Asparagus Coleslaw Pudding *Diab Mandarin Oranges	6 Breaded Chicken Sandwich Cheese/Tomato Sl/Onion Cheesy Hashbrowns Green Beans Fresh Banana	7 Cheese & Ham Strata Hashbrown Yogurt Fruit Cup Crumb Cake	8 Hamburger Veg Soup Crackers Egg Salad Sandwich Pear/Peach Cup Flavored Ice Cream *Diab Vanilla Ice Cream	9 Porcupine Meatballs Mashed Potatoes Corn/Pimento Cherry Crisp with Topping *Diab Angel Food Cake
12 Hamburger Gravy Over Mashed Potatoes Cheesy Broccoli Mixed Fruit Cup	13 Taco Casserole W/Sour Cream/Salsa/Lettuce Mexican Corn Corn Bread w/Marg Baked Apple	14 Baked Ham Alt: Chicken Breast Baked Sweet Potato Green Bean Casserole Lemon Chiffon Pie *Diab Angel Food Cake	15 Garlic Seasoned Pork Loin Oven Roasted Potatoes Green Beans/Mushrooms Cherry Crunch Dessert with Whipped Topping *Diab Peaches	16 Ham & Cheese Sandwich on Bun Alt: Turkey & Cheese Oriental Coleslaw Cinnamon Applesauce Gelatin Cookie or Bar *Diab Angel Food Cake
19 Swedish Meatballs Mashed Potatoes/Marg Herbed Green Beans Apple Cranberry Crisp with Whipped Topping *Diab Applesauce	20 Salisbury Steak w/Gravy Alt: Liver & Onions Mashed Potatoes Brussel Sprouts Flavored Ice Cream *Diab Vanilla Ice Cream	21 Creamed Chicken over Biscuit Diced Carrots 7-Layer Salad Gingerbread Cake *Diab Cookie	22 Goulash 3-Bean Salad Mixed Greens Garlic Bread Fresh Banana	23 Breakfast Wrap Sausages Hashbrown Fruit Cup Chocolate Chip Muffin *Diab Cookie/Bar
26 Chicken Breast Mashed Potatoes/Gravy Broccoli Blushing Pears *Diab Pear Cup	27 Roast Beef Mashed Potatoes/Gravy Harvard Beets Fresh Fruit	28 Cheesy Broccoli Soup Crackers Chicken Salad on a Bun Strawberry Short Cake/Topp *Diab Fruit Cup	29 BBQ on a Bun over Browned Potatoes Baked Beans Apple Crisp w/whpd topping *Diab Fruit	30 Beef Stew Seafoam Salad Peaches Corn Bread w/Marg Rice Krispie Bar *Diab Cookie