

Semcac Senior Nutrition

* All Meals Subject to Change

April 2016

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<p>"To gather with friends and enjoy a good meal, Semcac's meals are an outstanding deal"</p>			 1 Ham Balls Fresh Sweet Potatoes Baked Beans Flavored Ice Cream
4 Taco Casserole Mexican Corn Peach Halves Chocolate Chip Cookie	5 Swedish Meatballs Mashed Potatoes Broccoli Mixed Fruit Cup Cookie	6 Grilled Chicken Romaine Salad Melon Wedge Batter Bun Rhubarb Cake	7 Pork Roast Sauerkraut Garnish Mashed Potatoes Dilled Carrots Baked Apple	8 Cold Plate Menu
11 Swiss Steak Mashed Potatoes Corn Fruited Coleslaw Batter Bun Peach Crisp	12 Roast Turkey Mashed Potatoes/Gravy Seasoned Peas Cranberry Mold	13 Ham Alternate: Hamburger Scalloped Potatoes Asparagus Mixed Greens Salad Moon Cake	14 BBQ Meat Balls Baked Potato Italian Green Beans Rhubarb Muffin Fresh Grapes	15 Chicken Romaine Salad Melon Wedge Wheat Dinner Roll Applesauce Raisin Bar
18 Green Pepper Steak Rice Parslied Cauliflower Tossed Salad Citrus Fruit Cup	19 Soup Sandwich Salad Dessert	20 Baked Chicken Baked Dumpling/Gravy Broccoli Carrot Coin Salad Vanilla Ice Cream	21 Roast Beef Mashed Potatoes Stewed Tomatoes Homemade Dinner Roll Melon Wedge	22 Hamburger on Bun Pickles Potato Salad Calico Beans Fruit Cocktail Cake 
25 Beef Stroganoff Noodles Green Beans Mixed Greens Salad Rhubarb Torte	26 Salisbury Beef Steak Alt: Liver 'n Onions Baked Potato Seasoned Peas/Celery Pears in Caramel Sauce	27 Tater Tot Casserole Coleslaw Beet Pickles Apple Crisp	28 Italian Chicken Breast Hash Browns AuGratin Fresh Squash Lemon Bar	29 Pork Roast Mashed Potatoes Creamed Spinach with Mushrooms Cinn Applesauce Fresh Banana 

'Alternate' on Menu = Diner's Choice

'or' on Menu = Site Staff Choice based on diner preference