

Semcac Senior Nutrition

August 2016

* All Meals Subject to Change

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Spaghetti/Meat Sauce Parslied Carrots French Bread Tossed Salad Sr Cream Fruit Salad	2 Chicken Pasta Salad Chow Mein Noodles Cuke Salad Peach Halves Dinner Roll Baked Coconut Custard	3 BBQ Pork Loin Scalloped Potatoes Brussel Sprouts Wheat Dinner Roll Frozen Yogurt	4 Meatloaf Boiled Red Potatoes Succotash Carrot Raisin Salad Grapes	5 Soup Potato Crackers Sandwich Chicken Salad Salad Marinated Veg Refrigerator Dessert Coconut Crumb Delight
8 Chicken Broccoli Bake Buttered Beets PA Orange Fruit Cup Chocolate Cherry Bar	9 Beef Tips Mashed Potatoes Oriental Blend Veg Mixed Greens Salad Fruit Cup	10 Chef Salad Melon Wedge Butter Bun Watergate Dessert	11 Pork Roast Mashed Potatoes Green Beans Tossed Salad Pudding	12 Chicken ala King Over Biscuit Peas Cranberry Bog Salad Fresh Fruit
15 Baked Cod Alt: Beef Pattie Rice Pilaf Orange Glazed Carrots 3-Bean Salad Flavored Ice Cream	16 Baked Chicken Mashed Potatoes BBQ Green Beans Melon Wedge	17 Onion Smothered Steak Alt: Liver & Onions Mashed Potatoes Corn/Pimento 7-Layer Salad Fresh Fruit	Birthday Party 18 Meat Balls Sweet Potatoes Mixed Vegetables Pear & Grape Cup Cake	19 Chicken Enchilada Tomato/Cuke Salad Pineapple Rings Strawberry Shortcake
22 Swiss Steak Mashed Potatoes Broccoli/Cauliflower Molasses Cookie	23 Roast Beef Mashed Potatoes Stewed Tomatoes Orange Wedges	24 Shreded Turkey on Bun Potato Salad Baked Beans Pickles Melon Cup	25 Meat Lasagna Mixed Greens Salad Orange Slices French Bread Pudding	26 Crab Salad Sweet & Sour Cukes Peach/Cottage Cheese Batter Bun Rhubarb Rosie
29 Tator Tot Hotdish Fresh Fruit Cup Wheat Dinner Roll Strawberry Ice Cream	30 Chicken Breast in Sauce Wild Rice Pilaf Spinach with Vinegar Waldorf Salad Pudding	31 Pork Roast Mashed Potatoes Green Beans Batter Bun Fresh Fruit		Sept. 2 Box Lunches 

'Alternate' on Menu = Diner's Choice

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