


Semcac Senior Nutrition

January 2018

* All Meals Subject to Change

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 CLOSED	Vegetable Soup Crackers BBQ Beef on Bun Coleslaw Apple Crisp	Roast Beef Mashed Potatoes/Gravy Fresh Squash Beet Pickles Pears in Caramel Sauce	Taco Salad With Taco Chips Grapes Double Pistachio Cake	Swedish Meatballs Mashed Potatoes/Gravy Stewed Tomatoes Banana
Teriyaki or Italian Chicken Fresh Red Potatoes Broccoli Cranberry Sauce Pineapple Slices	Meatloaf Baked Potato/Sr Cream Green Beans/Mushrooms Flavored Ice Cream	Chili con Carne Crackers Peach/Cottage Cheese Corn Muffin Graham Cracker Éclair Cake	Pork Loin Steak Dressing/Gravy Caul/Pimento Blend Peaches Peanut Butter Cookie	Potato Crusted Pollock With Tartar Sauce Alt: Chicken Breast Corn Casserole Tossed Green Salad Mixed Fruit Cup
Chicken Pot Pie Cukes/Sr Cream Beet Pickles Dinner Roll Citrus Fruit Cup 	Minestrone soup Crackers Cheese on Rye Sandwich Waldorf Gelatin Salad Oatmeal Cookie	Chopped Sirloin Steak With Mushroom Sce Baked Potato/Sr Cream Buttered Beets Peaches/Grapes/Pears	Hot Pork on Bread Mashed Potatoes Fresh Squash Lemon Bar	Meatloaf Buttered Seasoned Mashed Potatoes Seasoned Carrots Cherry Crisp
Hawaiian Chicken Confetti Rice Peas Waldorf Salad Vanilla Ice Cream	Roast Beef Mashed Potatoes/Gravy Spinach with Vinegar or Lemon Juice Fresh Fruit	Meat Lasagna Tossed Salad Orange Slices French Bread Cream Puff	Ham Balls Alt: Salisbury Steak Fresh Sweet Potatoes Green Beans Fruit Cup	BBQ Ribs Scalloped Potatoes Corn 7-Layer Salad Carrot Cake
Swiss Steak/Tomato Sce Baked Potatoes/Sr Cream Mixed Vegetables Blushing Pears	Beef Stew Seafoam Salad Batter Bun Baked Apple	Chicken Chili Crackers Tossed Green Salad Muffin Hawaiian Cake	You need meals – we’ve got wheels. You state where – we’ll be there. Semcac Meals on Wheels 	

‘Alternate’ on Menu = Diner’s Choice

‘OR’ on Menu = Site Staff Choice based on diner preference

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Caledonia – 507-703-0935 Eitzen – 507-495-3533 LaCrescent – 507-895-6585 Lanesboro – 507- 864-2786 Mabel – 507-493-5950 Rushford – 507-864-2786 Spring Grove – 507-498-3385	"To gather with friends and enjoy a good meal, Semcac's meals are an outstanding deal"		1 Pork Loin Steak With Dressing/Gravy Parslied Carrots Cinnamon Applesauce Banana Pudding	2 Goulash Coleslaw Pineapple Slices Dinner Roll Pumpkin Crisp 
5 Spaghetti/Meat Sauce Green Beans Tossed Salad French Bread Pudding	6 Chicken Parmesan Cheese Scalloped Potatoes Brussel Sprouts Fresh Fruit	7 New England Boiled Dinner Alt: Sliced Turkey Roast Waldorf Gelatin Salad Homemade Dinner Roll Mixed Fruit Cup	8 Chicken Alfredo Lasagna Peas & Carrots Fresh Green Salad Cranberry Chews	9 Tilapia/Piccata Sauce Alt: Pork Steak Fresh Dilled Potatoes Seasoned Broccoli Dinner Roll Strawberry Shortcake
12 BBQ Meatballs Baked Potato/Sr Cream Green Bean Casserole Orange Wedge Cook's Choice Pudding	13 Beef Stroganoff Parslied Noodles Stewed Tomatoes 3-Bean Salad Bread Pudding	Valentine's Day! 14 Hawaiian Chicken Confetti Rice Mixed Vegetable Citrus Fruit cup Starburst Cake	15 Baked Ham Alt: Ground Beef Patty Fresh Sweet Potatoes Scalloped Corn Fresh Fruit	16 Taco Casserole OR Enchilada Casserole Lettuce Salad Parslied Carrots Chocolate Cherry Bar
s Alt: Chicken Breast 19 Ham/Scalloped Potatoe Oriental Blend Vegetables Coleslaw Fruit Cup 	20 Vegetable Soup Crackers Shredded Turkey / Bun Molded Mandarin Orange Salad Gingerbread	21 Roast Pork Mashed Potatoes/Gravy Baked Squash Banana Fruit Cup	22 Potato Crusted Pollock With Tartar Sauce Seasoned Potatoes Creamed Caul/Pea Blend Raisin Rice Pudding	23 Chili con Carne Crackers Pear/Grated Cheese Corn Muffin Chocolate Yum Yum
26 Tater Tot Hotdish Tossed Salad Pickle Spear Bun PA/Pear/Peach Cup	27 Onion Smthd Beef Steak Alt: Liver & Onions Baked Potato/Sr Cream Caul/Broc Blend Orange Wedges Banana Cake	28 Sea Shore Tuna Casserole Marinated Green Beans Tomato Wedge Dinner Roll Coconut Crumb Delight	 <p>American Heart Month</p>	

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