

Semcac Senior Nutrition - LaCrescent

Meals are subject to change

JUNE 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
PLEASE CALL 507-895-6585 FOR MORE INFORMATION	1 Brats Onion/Kraut Alt: Hamb/Onion/Tom Sliced Dill Pickle Cheese Scalpd Potato Baked Bean and Apples Watermelon Slice	2 Chef Salad w/Ham, Cheese, Egg, Croutons Veg. Garnish Muffin Cantaloupe/Strawbry Cup	3 Spaghetti w/ Meat Sauce Green Salad w/Dressing French Bread Pear Half w Cot Cheese Brownie *Diab: Mix Fruit Cup	4 BBQ Pull Pork on Bun Potato Salad Carrot Coin Salad Flavored Ice Cream *Diab Vanilla Ice Cream
7 Ham Balls Alt: Fish w/Tartar Sce Baked Sweet Potato Cauliflower Fresh Grapes	8 Fruity Chicken Salad 3 Bean Salad Creamy Cole Slaw Muffin Coconut – Pineapple Sq	9 Beef Roast Mashed Potato/Gravy Beets Bar or Cookie	10 Cold Plate: Tomato, Ham, Lettuce, Cheese Alt: Turkey Potato Salad Peach Half Chocolate Mousse *Diab: Banana	11 Sweet & Sour Pork White Rice Toss Salad/Dressing Pea, Pickle, Cheese Sld Banana
14 Onion Smothered Steak Alt: Liver and Onions Baked Potato/Sour Crm California Veg. Blend Fresh Fruit FLAG DAY USA	15 Goulash Green Salad w/Dressing Beet Pickles Oatmeal Choc Chip Bar *Diab Cookie	16 Chicken Romaine Salad Alt: Crab Salad Melon Wedge Dinner Roll w/Margarine Applesauce Raisin Bar *Diab Applesauce	17 Baked Fish w/Tartar Sc Alt: Beef Patty Baked Potato/Sour Crm Peas & Onions Cookie *Diab:Cookie	18 Shredded Turkey on Bun Vegetable Soup/Crackers 5-Cup Salad Cookie *Diab: Cookie
21 BBQ Rib Patty Fresh Red Potatoes Cauliflower Melon Cup	22 Taco Salad Corn Relish Dinner Roll Starburst Cake *Diab: Angelfood Cake	23 Hamburger w/ Fixings Bun Potato Salad Cucumber Salad Flavored Ice Cream *Diab Vanilla Ice Cream	24 Chicken Rice Casserole Carrots Tossed Salad Spring Dessert *Diab: Angel Food Cake	25 Chili /w Crackers Corn Muffin Cottage Cheese with Pear Half Pudding /w Whip Topping *Diab Fruit Cup
28 Meatballs/Gravy Mashed Potato 5-Way Mixed Vegetable Savory Biscuit Banana	29 Chicken Pasta Salad Marinated Green Beans Peach Halves Dinner Roll Coconut Custard Square *Diab: Grapes	30 Rosemary Roasted Pork Mashed Potato /Gravy Stewed Tomatoes Hawaiian Cake *Diab: Pineapple Tidbits		<p>Visit our website for the latest updates! www.semcac.org or follow us on Facebook. www.facebook.com/semcac</p>

“Alt” on Menu = Diner’s Choice “Or” on Menu = Site Staff Choice based on diner preference