


Semcac Senior Nutrition

September 2018

* All Meals Subject to Change

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p style="text-align: right;">3</p> <p>Site Closed – Box Lunch available on Friday Aug 31st. Order Aug. 30th.</p>  <p style="text-align: center;">Labor Day</p>	<p style="text-align: right;">4</p> <p>Hot Turkey with Bread & Gravy Mashed Potatoes Buttered Beets Pea/Pickle-Cheese Salad Brownie</p>	<p style="text-align: right;">5</p> <p>Pork Roast Mashed Potatoes/Gravy Stewed Tomatoes Batter Bun Fresh Fruit in Season</p>	<p style="text-align: right;">6</p> <p>Beef Tips in Gravy Noodles Parslied Carrots Tossed Salad/Dressing Wheat Dinner Roll Apple-Cranberry Crisp</p>	<p style="text-align: right;">7</p> <p>Porcupine Meat Balls Baked Potato/Sr Cream Seasoned Peas Fresh Fruit Cup</p>
<p style="text-align: right;">10</p> <p>BBQ Pork on Bun Coleslaw Apricots Walnut Dream Bar</p>	<p style="text-align: right;">11</p> <p>Salisbury Steak Confetti Rice Broccoli Pineapple Slice/Peach Cranberry Mold</p>	<p style="text-align: right;">12</p> <p>Baked Chicken Mashed Potatoes/Gravy Cauliflower/Peas Blend Orange/Pear Cup</p>	<p style="text-align: right;">13</p> <p>Veg Soup/Crackers Cheeseburger on Bun Pear with Cranberry Sc Frosted Choc Chip Cake</p>	<p style="text-align: right;">14</p> <p>Baked Fish Alt: Pork Steak Oven Browned Potatoes Parslied Carrots Mandarin Orange Dessert</p>
<p style="text-align: right;">17</p> <p>Meat Loaf Alt: Liver & Onions Parslied Buttrd Potatoes Spinach/Vinegar Fruit Cup</p>	<p style="text-align: right;">18</p> <p>Chicken ala King over Biscuit Peas Craisin Coleslaw Banana</p>	<p style="text-align: right;">19</p> <p>Pork Steak Dressing Oriental Blend Veg Romaine Lettuce Salad Dinner Roll Peanut Butter Cookies</p>	<p style="text-align: right;">20</p> <p>Meatballs Mashed Potatoes & Gravy Green Beans Dinner Roll Hawaiian Cake</p>	<p style="text-align: right;">21</p> <p>Hawaiian Chicken Parslied Buttered Potatoes Asparagus Fresh Fruit Cup</p>
<p style="text-align: right;">24</p> <p>Oven Baked Chicken Wild Rice Pilaf Fresh Squash Waldorf Salad Pudding</p>	<p style="text-align: right;">25</p> <p>Swedish Meat Balls Mashed Potatoes/Marg Carrots 3-Bean Salad Mixed Fruit Cup</p>	<p style="text-align: right;">26</p> <p>Sweet Pepper Steak Brown Rice Cauliflower Tossed Salad/Dressing Dinner Roll Banana</p>	<p style="text-align: right;">27</p> <p>Baked Ham Alt: Chicken Breast Baked Sweet Potatoes Green Beans/Mushrms Fruit Cocktail Cake</p>	<p style="text-align: right;">28</p> <p>Navy Bean Soup Egg Salad Sandwich Carrot Coin Salad Oatmeal Cookie</p>
		<p style="text-align: center;">“To gather with friends and enjoy a good meal, Semcac’s meals are an outstanding deal”</p> 		<p>Eitzen: (507) 495-3533 Hokah: MOW only 864-8228 Houston: MOW only 864-8228 LaCrescent: (507) 895-6585 Mabel: (507) 493-5950 Rushford: (507) 864-2786 Spring Grove: (507) 498-3385</p>

‘Alternate’ on Menu = Diner’s Choice

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



Semcac Senior Nutrition



October 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1</p> <p>Ham Balls Alt: Ground Beef Patty Fresh Sweet Potatoes Broccoli Flavored Ice Cream</p>	<p>2</p> <p>Tomato Juice Chicken Chow Mein Rice Tossed Salad/Dressing Vanilla Pudding</p>	<p>3</p> <p>Beef Pot Roast with Vegetables Waldorf Gelatin Salad Dinner Roll Fresh Fruit</p>	<p>4</p> <p>Meatloaf Baked Potato/Sr Cream Brussel Sprouts Starburst Cake</p>	<p>5</p> <p>Pork Steak Dressing Green Beans Creamy Coleslaw Pumpkin Crisp</p>
<p>8</p> <p>Taco Casserole Mexican Corn Peach Half Chocolate Chip Cookie</p>	<p>9</p> <p>New England Boiled Dinner Alt: Ground Beef Patty with Vegetables Tossed Green Salad Seafoam Dessert</p>	<p>10</p> <p>Beef Tips in Gravy over Noodles Baked Squash Green Bean/Pea Salad Peach Slices</p>	<p>11</p> <p>Pork Roast Sauerkraut Corn Casserole Dilled Carrots Apple-Cranberry Crisp</p>	<p>12</p> <p>Salisbury Beef Steak Alt: Liver & Onions Baked Potatoes/Sr Cr Seasoned Peas/Celery Pears in Caramel Sc</p>
<p>15</p> <p>BBQ Meat Balls Boiled Red Potatoes Italian Green Beans Apple Muffin Fresh Grapes</p>	<p>16</p> <p>Roast Turkey Mashed Potatoes/Gravy Seasoned Peas Cucumber Salad Cranberry Mold</p>	<p>17</p> <p>Ham/Scalloped Potatoes Alt: Hamb/Scalloped Pot Asparagus Mixed Greens Salad Dinner Roll Moon Cake</p>	<p>18</p> <p>Swiss Steak Baked Potato/Sr Cream Carrots Fruited Coleslaw Batter Bun Peach Crisp</p>	<p>19</p> <p>Taco Salad – Beef Lettuce Tomato Cheese Grapes Double Pistachio Cake</p>
<p>22</p> <p>Green Pepper Steak Rice Parslied Cauliflower Tossed Salad/Dressing Citrus Fruit Cup</p>	<p>23</p> <p>Wild Rice Soup Crackers BBQ on Bun Waldorf Salad Lemon Crackle</p>	<p>24</p> <p>Baked Chicken/Gravy Baked Dumpling Broccoli Carrot Coin Salad Ice Cream</p>	<p>25</p> <p>Roast Beef Mashed Potatoes/Gravy Stewed Tomatoes Homemade Wheat Roll Melon Wedge</p>	<p>26</p> <p>Hamburger on Bun with Pickles Potato Salad Calico Beans Ginger Snaps</p>
<p>29</p> <p>Salisbury Beef Steak Alt: Liver & Onions Baked Potatoes/Sr Cream Seasoned Peas/Celery Fresh Grapes</p>	<p>30</p> <p>Beef Stroganoff Noodles Green Beans Mixed Greens/Dress Dinner Roll Applesauce</p>	<p>31</p> <p>Meatloaf Boiled Red Potatoes Succotash Pears in Caramel Sc</p>		<p>Phone: (507) 895-6585</p> <p>Call 24 hours in advance for reservations!</p> <p>La Crescent Fire Hall Community Center</p>

