

Semcac Senior Nutrition

June 2018

* All Meals Subject to Change

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Diabetic option available daily.</p>  <p>Phone: 507-332-7680</p>	<p>"To gather with friends and enjoy a good meal, Semcac's meals are an outstanding deal"</p>  <p>Reservations not required except where noted.</p>		<p>MEAL IS SERVED AT 11:30 AM</p> <p>Suggested donations: Over 60 is \$4 or a 5 punch ticket is \$17.50 Under 60 is \$7</p>	<p>1</p> <p>Breaded Fish/Tartar Sc Baked Potato/Sr Cream Creamed Peas Craisin Coleslaw Rhubarb Strawberry Bavarian</p>
<p>4</p> <p>Tater Tot Hotdish Fresh Fruit Cup Wheat Dinner Roll Strawberry Ice Cream</p>	<p>5</p> <p>Hot Turkey over Bread with Gravy Mashed Potatoes Buttered Beets Pea/Pickle/Chees Salad Brownie</p>	<p>6</p> <p>Pork Roast Mashed Potatoes/Gravy Stewed Tomatoes Batter Bun Fresh Fruit</p>	<p>7</p> <p>Beef Tips in Gravy Over Noodles Parslied Carrots Tossed Salad Wheat Dinner Roll Spring Dessert</p>	<p>8</p> <p>Red Hats Porcupine Meatballs Alt: Baked Fish/Tartar Sauce Baked Potato/Sr Cream Seasoned Peas Fresh Fruit Cup</p>
<p>11</p> <p>BBQ Pork on Bun Coleslaw Apricots Strawberry Short Cake</p>	<p>12</p> <p>Salisbury Steak Confetti Rice Broccoli Pineapple Slice/Peach Cranberry Mold</p>	<p>13</p> <p>Music by Herb Sellner Baked Chicken Mashed Potatoes Cauliflower/Peas Blend <u>Orange/Pear Cup</u> EVENING MEAL for Heritage Days Event Reservations Required</p>	<p>14</p> <p>Vegetable Soup Smothered Chicken/Bun Pear/Cranberry Sauce Chocolate Chip Cake</p>	<p>15</p> <p>Father's Day Party Roast Beef Mashed Potatoes/gravy Parslied Carrots Apple Pie Reservations Required</p>
<p>18</p> <p>Meat Loaf Alt: Liver & Onions Parslied Boiled Potatoes Spinach/Vinegar Fruit Cup</p>	<p>19</p> <p>Chicken ala King Over Biscuit Peas Craisin Coleslaw Banana</p>	<p>20</p> <p>Pork Steak With Dressing Oriental Blend Veg Romaine Lettuce Salad Dinner Roll Peanut Butter Cookies</p>	<p>21</p> <p>Music by Andy Speikers Meat Lasagna Mixed Greens Salad Orange Slices French Bread Pudding</p>	<p>22</p> <p>Hamburger Gravy Alt: Salmon Loaf Mashed Potatoes Creamed Peas Oatmeal Cake</p>
<p>25</p> <p>Chicken Breast/Sauce Wild Rice Pilaf Fresh Squash Waldorf Salad Pudding</p>	<p>26</p> <p>Birthday Party Swedish Meat Balls Mashed Potatoes Asparagus 3-Bean Salad Mixed Fruit Cup Reservations Required</p>	<p>27</p> <p>Music by Herb Sellner Sweet Pepper Steak Over Brown Rice Cauliflower Tossed Salad Dinner Roll Banana</p>	<p>28</p> <p>Baked Ham Alt: Chicken Breast Baked Sweet Potatoes Green Beans/Mushrooms Fruit Cocktail Cake</p>	<p>29</p> <p>Cream of Broccoli Soup Egg Salad Sandwich Carrot Coin Salad Oatmeal Cookie</p>

'Alternate' on Menu = Diner's Choice

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