


EXAMPLE MENU

Semcac Senior Dining

**All Meals Subject to Change*

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 Grilled Chicken Salad Melon Wedge Batter Bun Rhubarb Cake	2 Baked Ham Alt: Beef Steak Sweet Potatoes Green Beans/Mushrooms Dinner Roll Strawberry Shortcake	3 Sweet Pepper Steak Over Brown Rice Cauliflower Pineapple Slice Pumpkin Crisp	 Closed
7 Tomato Juice Pork Chow Mein Or Sweet & Sour Pork Rice Tossed Salad Pudding	8 Meatballs Mashed Potatoes Brussels Sprouts Rhubarb Custard	9 Hawaiian Chicken Parsley Buttered Potatoes Creamed Peas/Caul Orange Slices Snickerdoodle Brownie	10 Pork Roast Mashed Potatoes Sauerkraut Alt: Carrots Baked Apple	11 Cold Plate Menu
14 Meatloaf Fresh Sweet Potatoes Italian Green Beans Morning Glory Muffin Grapes	15 Roast Turkey Mashed Potatoes Seasoned Peas Cranberry Mold	16 Ham/Scalloped Potatoes Alt: Ground Beef Patty Dilled Carrots Mixed Greens Salad Moon Cake	17 Swiss Steak Mashed Potatoes Corn Fruited Coleslaw Wheat Dinner Roll Banana Pudding Dessert	18 Baked Cod Alt: Pork Steak Hash Browns AuGratin Buttered Beets Cucumber Salad Applesauce
21 Green Pepper Steak Rice Parslied Cauliflower Citrus Fruit Cup Vanilla Ice Cream	22 Baked Chicken Baked Dumpling Asparagus Coleslaw Peach Crisp	23 Soup Sandwich Salad Refrigerator Dessert	24 Roast Beef Mashed Potatoes Stewed Tomatoes Wheat Dinner Roll Polynesian Cake	25 Hamburger on Bun Pickles Potato Salad Calico Beans Melon Wedge
28 Salisbury Steak Alt: Liver & Onions Baked Potatoes Seasoned Peas/Celery Pineapple Upside Down Cake	29 Beef Stroganoff Noodles Broccoli Mixed Greens Salad Rhubarb Torte	30 Tater Tot Hotdish Coleslaw Wheat Bread 5-Cup Fruit Dessert	31 Roast Pork Mashed Potatoes Creamed Spinach Tomato Wedge Banana	

“ALT” on Menu = Diner May Choose between the Two (2) Options

“or” on Menu = Site Staff Make Choice Based on Diner Preference

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<p><i>"To gather with friends and enjoy a good meal, Semcac's meals are an outstanding deal!"</i></p> 			<p>1 Grilled Chicken Romaine Salad Melon Batter Bun Dutch Cookie</p>
4	5	6	7	8
Meatloaf Boiled Red Potatoes Coleslaw Pumpkin Pie	Chicken Pasta Salad Cuke Salad Peaches Dinner Roll Baked Custard	Country Style BBQ Ribs Scalloped Potatoes Italian Blend Vegetables Wheat Dinner Roll Frozen Yogurt	Spaghetti/Meat Sauce French Bread Tossed Salad Pineapple Rings Oatmeal Cake	Soup Sandwich Salad Refrigerator Dessert
11	12	13	14	15
Chicken Broccoli Bake Parslied Carrots P/A Orange Fruit Cup Apple Crisp	Beef Tips Mashed Potatoes Oriental Blend Vegetables Mixed Greens Salad Chocolate Cherry Bar	Cold Plate Menu	Chicken ala King Biscuit Peas Cranberry Bog Salad Ice Cream	Pork Roast Mashed Potatoes Green Beans Fruited Coleslaw Raisin Rice Pudding
18	19	20	21	22
Taco Casserole Mexican Corn Peaches Peanut Butter Cookies	Chicken Enchilada Tomato/Cuke Salad Pineapple Strawberry Shortcake	Baked Fish Alt: Beef Patty Hash Browns AuGratin Spinach/Lemon or Vinegar Wheat Dinner Roll Walnut Dream Bar	BBQ Meatballs Baked Potatoes Mixed Vegetables Pears & Grapes Cup	Baked Chicken Mashed Potatoes BBQ Green Beans Melon Wedge Ice Cream
25	26	27	28	29
Meat Lasagna Mixed Greens Salad French Bread Pudding	Swiss Steak Mashed Potatoes Broccoli/Cauliflower Rhubarb Rosie	Shredded Turkey on Bun Potato Salad Baked Beans Pickles Melon Cup	Crab Salad with Sweet/Sour Cukes Alt: Chef Salad Grapes Batter Bun Coconut Cookie	Roast Beef Mashed Potatoes Asparagus Carrot Raisin Salad Orange Wedges

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