
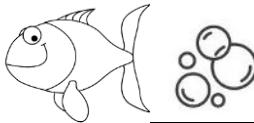





# Semcac Senior Nutrition

October 2022

Meals are subject to change

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>3</p> <p>Hamburger Veg Soup w/Crackers Egg Salad Sand Pear/Grape Cup Flavored Ice Cream *Diab:Vanilla Ice Cream</p>	<p>4</p> <p>Roast Beef Mashed Potatoes with Gravy Buttered Beets Banana</p> 	<p>5</p> <p>Carml Apple French Toast Sausage/Muffin/Fruit Cup Orange Juice</p> <hr/> <p><b>OR</b> Cheese Ham Strata Orange Juice Muffin Mixed Fruit Cup</p>	<p>6</p> <p>Sweet Pepper Steak Brown Rice Yellow Beans Tossed Salad w/Dressing Fruit Cocktail Cake *Diab: Mix Fruit Cup</p>	<p>7</p> <p>Salmon or Tuna Cass. Season Peas &amp; Celery Cherry Pie *Diab: French Apple Pie</p> 
<p>10</p> <p>Salisbury Steak <b>Alt:</b> Liver and Onions Mash Potato/Brussl Sprts Flavored Ice Cream Diab: Vanilla Ice Cream</p>	<p>11</p> <p>Garlic Season Pork Loin Oven Roasted Potatoes Green Beans/Mushrms Baked Apple</p>	<p>12</p> <p>Chicken Breast Dumpling/Gravy Cole Slaw/Broccoli Mandarin Orange Dessert *Diab: Mandarin Orange</p>	<p>13</p> <p>Hamburger Gravy over Mashed Potatoes Parslied Carrots Apple Cranberry Crisp *Diab: Applesauce</p>	<p>14</p> <p>Chili with Crackers Corn Muffin Pineapple Rings Lemon Poppy Cake *Diab Angel Food Cake</p>
<p>17</p> <p>Swedish Meat Balls Mashed Potatoes Herbed Green Beans Mix Fruit Cup</p>	<p>18</p> <p>Chicken Noodle Soup w/Crackers Egg Salad on Bun Carrot Coin Salad Choc. Cherry Bar *Diab: Cookie</p>	<p>19</p> <p>Beef Goulash 3 Bean Salad Beet Pickles Fresh Apple</p> 	<p>20</p> <p>Taco Casserole Mexican Style Corn Corn Bread Fresh Tomato Wedge Cherry Crunch Dessert *Diab Peaches</p>	<p>21</p> <p>Chicken Parmesan over Noodles Romaine Salad Peach Halves Cranberry Mold *Diab: Fruit Cup</p>
<p>24</p> <p>Baked Chicken Mashed Potatoes/Gravy Broccoli Blushing Pears *Diab:Pear Cup</p>	<p>25</p> <p>Beef Stew SeaFoam Salad Rice Krispie Bar *Diab: Cookie</p>	<p>26</p> <p>Cream of Broccoli Soup Chicken Salad on Bun Waldorf Gelatin Salad Strawberry Short Cake *Diab: Fruit Cup</p>	<p>27</p> <p>BBQ on Bun Baked Beans Oven Brownd Potatoes Apple Crisp/Topping *Diab: Fruit</p>	<p>28</p> <p>Roast Beef Mashed Potato/Gravy Harvard Beets Fresh Fruit</p>
<p>31</p> <p>Swiss Steak/Tomato Sce Baked Potato Mix Vegetables Orange/Pear Cup</p> <p><b>HAPPY HALLOWEEN</b></p>			 <p><b>Please Wash And Return Meal Trays</b></p>	<p><i>PLEASE - - -</i></p> <p><b>MAKE MEAL RESERVATIONS OR CANCELLATIONS 24 HOURS IN ADVANCE THANKS!!</b></p>

**Alternate** on Menu = Diner's Choice

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