













Semcac Senior Nutrition

Sample

Meals are subject to change

DRAFT

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Chicken ala King Over/Biscuit Seasoned Peas  Coleslaw Mixed Fruit Cup	Beef Enchilada Casserole Carrots Pear Half/Cranberry Sauce Coconut Custard Square *Diab: Cookie	Roast Beef Mashed Potatoes/Gravy Buttered Beets  Banana	Sweet Pepper Steak Brown Rice Yellow Beans Seven Layer Salad Fruit Cocktail Cake Diab: Mixed Fruit Cup	Baked Fish/Tartar Hashbrown AuGrat Potato Whole Kernel Corn Fresh Oranges 
Salisbury Steak Alt: Liver & Onions Mashed Potatoes Brussel Sprouts Flavored Ice Cream *Diab: Vanilla Ice Cream	Garlic Season Pork Loin Oven Roasted Potatoes Green Beans  w/Mushrooms Baked Apple	Chicken Breast Baked Dumpling/Gravy Broccoli Coleslaw Mandarin Orange Desert *Diab: Mandarin Oranges	Hamburger Gravy Over/Mashed Potato Parslied Carrots Apple Cranberry Crisp w/ Whipped Topping *Diab: Mixed Fruit Cup	Chili  w/Crackers Pineapple Slices Corn Muffin w/Marg Lemon Poppy Seed Cake *Diab: Angel Food Cake
Swedish Meatballs Mashed Potatoes/Marg Herbed Green Beans Yogurt Fruit Cup 	Veg Soup w/crackers Egg Salad on Bun Carrot Coin Salad Chocolate Cherry Bar *Diab: Cookie	Taco Casserole Mexican Corn Corn Bread w/Marg Cherry Crunch Dessert w/Topping Diab: Cookie or Bar	Goulash 3-Bean Salad Beet Pickles Fresh Apple 	Chicken Parmesan Over/Spaghetti Noodles Romaine Salad Peach Halves Cranberry Mold *Diab: Fruit Cup
Baked Chicken Mashed Potatoes/Gravy Broccoli Blushing Pears  Diab Pear Cup	Beef Stew Seafoam Salad Rice Krispie Bar  *Diab: Cookie	Vegetable Beef Barley Soup w/Crackers Beef Sld or Egg Sld Sand Five Cup Fruit Salad Peanut Butter Brownie *Diab: Cookie or Bar	BBQ on Bun Oven Browned Potatoes Baked Beans Apple Crisp w/Whp Top *Diab: Fruit	Roast Beef Mashed Potato/Gravy Harvard Beets Fresh Fruit 
Swiss Steak in Tomato Sauce Baked Potato Mixed Vegetables Orange/Pear Cup 	Taco Salad Sr Cr/Dres/Salsa Meat, Shredded Cheese Lettuce, D-Tomatoes Tostado Chips Mex Black Beans Beetnik Cake *Diab: Cookie/Bar		PLEASE - - - MAKE MEAL RESERVATIONS OR CANCELLATIONS 24 HOURS IN ADVANCE THANKS!!	Please Wash And Return Meal Trays 

Alternate on Menu = Diner's Choice

Supplier Inventory and Supply Chain difficulties continue to make a few changes to our menu likely.