




Semcac Senior Nutrition

September 2017

* All Meals Subject to Change

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<p>Faribault Senior Center ~ 19 Division St. 332-7680 - Kitchen phone Serving Mon-Fri at 11:30am Meal Cost: 60 and older- \$4.00 suggested donation, Under 60- full price of \$7.00</p>			<p>1 Baked Ham/Fruit Sauce Baked Cauliflower Carrot-Raisin Salad Creamy Gelatin Dessert</p>
<p>4 Closed for Labor Day</p> 	<p>5 Potato Crusted Pollock Alt: Hamburger Patty Wild Rice Pilaf Italian Blend Vegetables Romaine Salad Carrot Cake</p>	<p>6 Ham and Bean Soup Crackers Egg Salad Sandwich Peach/Cottage Cheese Apple Crisp</p>	<p>7 Hot Turkey Sandwich Mashed Potatoes Cranberry Sauce Broccoli Fresh Fruit Cup</p>	<p>8 Spaghetti Pie Green Beans Waldorf Salad Dinner Roll Moon Cake</p>
<p>11 Beef/Cabbage Hotdish Pickled Beets Carrot Coin Salad Dinner Roll Mixed Fruit Cup</p>	<p>12 Swiss Steak/Gravy Mashed Potatoes Corn Romaine Salad Flavored Ice Cream</p>	<p>13 Alpine Chicken Casserole Carrots Pear/Cottage Cheese Cranberry Muffin Banana Pudding Dessert</p>	<p>14 Ham/Scalloped Potatoes Alt: Beef Patty Asparagus Dinner Roll P-Nut Butter Brownie</p>	<p>15 Roast Beef Mashed Potatoes Creamy Caul/Peas Dinner Roll Yogurt Fruit Cup</p>
<p>18 Goulash Herbed Green Beans Whole Wheat Dinner Roll Pickle Spear Blushing Pears</p>	<p>19 Roast Pork Mashed Potatoes/Gravy Harvard Beets Cinnamon Applesauce Cook's Choice Pudding</p>	<p>20 Onion Smothrd Steak Alt: Liver/Onions Fresh Boiled Potatoes Broccoli Fresh Oranges</p>	<p>21 Chicken Chow Mein Rice Parslied Carrots Fruited Coleslaw Pumpkin Raisin Bar</p>	<p>22 Hamburger on Bun With Fixings Potato Salad Calico Beans Melon Wedge Cookie</p> 
<p>25 Tilapia with Piccata Sauce Alt: Sliced Turkey Baked Potato Orange Glazed Carrots Batter Bun Flavored Ice Cream</p>	<p>26 Spaghetti/Meat Sauce Mixed Green Salad Pineapple Slices French Bread Birthday Cake & Ice Cream</p>	<p>27 Pork Loin Medley Asparagus Dinner Roll Strawberry Shortcake</p>	<p>28 Porcupine Meat Balls Buttered Mashed Potato Italian Breen Beans Fresh Fruit</p>	<p>29 Baked Chicken Mashed Potatoes Seasoned Peas/Celery Mixed Fruit Cup</p>

'Alternate' on Menu = Diner's Choice

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

Semcac Senior Nutrition

October 2017

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Chicken ala King Over Biscuit Peas & Carrots Citrus Fruit Cup Pudding	3 Vegetable Soup Crackers BBQ Beef on Bun Coleslaw Apple Pie	4 Roast Beef Mashed Potatoes/Gravy Fresh Squash Beet Pickles Pears in Caramel Sauce	5 Taco Salad With Taco Chips Grapes Double Pistachio Cake	6 Swedish Meatballs Mashed Potatoes/Gravy Stewed Tomatoes Banana
9 Teriyaki Chicken Fresh Red Potatoes Broccoli Cranberry Sauce Pineapple Slices	10 Meatloaf Baked Potato Green Beans/Mushroom Flavored Ice Cream	11 Chili con Carne Crackers Peach Halve/Cottage Ch Corn Muffin Graham Cracker Éclair Cake	12 Pork Loin Steak Dressing Caul/Pimento Blend Peaches Peanut Butter Cookie	13 Potato Crusted Pollock Alt: Chicken Breast Corn Casserole Tossed Green Salad Mixed Fruit Cup
16 Chicken Pot Pie Cukes with Sr Cream Beet Pickles Dinner Roll Citrus Fruit Salad	17 Beef Barley Soup Crackers Tuna Sandwich Waldorf Gelatin Salad Oatmeal Cake	18 Chopped Sirloin Steak in Mushroom Sauce Baked Potato Buttered Beets Peach/Pear/Grape Cup	19 Hot Pork Sandwich Mashed Potatoes Fresh Squash Lemon Bar	20 Meatloaf Buttered Seasoned Mashed Potatoes Seasoned Carrots Cherry Crisp
23 Baked Chicken Confetti Rice Peas Waldorf Salad Vanilla Ice Cream	24 Roast Beef Mashed Potatoes Spinach with Vinegar or Lemon Fresh Fruit	25 Meat Lasagna Tossed Salad Orange Slices French Bread Cream Puff	26 Ham Balls Alt: Salisbury Steak Fresh Sweet Potatoes Green Beans Fruit Cup	27 BBQ Ribs Scalloped Potatoes Corn 7-Layer Salad Carrot Cake
30 Swiss Steak/Tomato Sc Baked Potato Mixed Vegetables Blushing Pears	31 Beef Stew Seafoam Salad Batter Bun Birthday Cake & Ice Cream	<p>Faribault Senior Center ~ 19 Division St. 332-7680 - Kitchen phone Serving Mon-Fri at 11:30am Meal Cost: 60 and older- \$4.00 suggested donation, Under 60- full price of \$7.00</p>		

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