

Semcac Senior Nutrition

July 2017

* All Meals Subject to Change

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>3</p> <p>Closed for the July 4th</p> 	<p>4</p>  <p>CLOSED</p>	<p>4th of July Celebration 5</p> <p>Hamburger on Bun Or Brats/Sauerkraut Potato Salad Baked Beans Strawberry Shortcake (please sign up)</p>	<p>6</p> <p>Porcupine Meatballs Alt: Baked Fish Baked Potato Seasoned Peas Fresh Fruit Cup</p>	<p>7</p> <p>Beef Tips in Gravy Over Noodles Alt: Chef Salad ParsCarrots/Tsd Sld Wheat Dinner Roll Spring Dessert</p>
<p>10</p> <p>BBQ Pork on Bun Coleslaw Pear/Cranberry Sauce Strawberry Short Cake</p>	<p>11</p> <p>Salisbury Steak Alt: Taco Salad Confetti Rice Broccoli Pineapple/Peach Cranberry Mold with Whipped Topping</p>	<p>Herb Sellner 12</p> <p>Hawaiian Chicken Parslied Butter Potatoes Asparagus Carrot Raisin Salad Fresh Fruit Cup</p>	<p>13</p> <p>Baked Fish Alt: Beef Patty Oven Brownd Potatoes Beets Mandarin Orange Dessert</p>	<p>Red Hats 14</p> <p>Chicken Caesar Salad Alt: Crab Pasta Salad Peach Half w/Cottage Cheese Mandarin Orange Dessert</p>
<p>17</p> <p>Meat Loaf Alt: Liver & Onions Parslied Boiled Potatoes Carrots Fruit Cup</p>	<p>18</p> <p>Pork Steak/Dressing Alt: Taco Salad Oriental Blend Vegetable Romaine Lettuce Salad Dinner Roll Peanut Butter Cookies</p>	<p>19</p> <p>Chicken ala King Over Biscuits Peas Craisin Coleslaw Banana</p>	<p>20</p> <p>Cold Plate: Ham/Cheese Potato Salad Tomato Wedges Peach Homemade Dinner Roll Cream Puff</p>	<p>21</p> <p>Swiss Stk in Tomato Sc Alt: Chef Salad Mashed Potatoes Green Beans Dinner Roll Pear with Caramel Sc</p>
<p>24</p> <p>Baked Chicken Mashed Potatoes Broccoli/Cauliflower Orange/Pear Cup</p>	<p>25</p> <p>Birthday Celebration Spaghetti w/Meat Sauce Alt: Taco Salad Tossed Salad P/A Slices French Bread Cake/Ice Cream</p>	<p>Herb Sellner 26</p> <p>New England Boil Dinner Alt: Beef Steak With Veggies Tossed Greens Salad Seafoam Dessert</p>	<p>27</p> <p>Fruity Chicken Salad On Lettuce Tomato Wedges Gingerbread with Lemon Sauce</p>	<p>28</p> <p>Sweet Pepper Steak Over Brown Rice Alt: Chix Caesar Salad Cauliflower Tossed Salad Dinner Roll/Banana</p>
<p>31</p> <p>Tomato Juice Pork Chow Mein Over Rice Tossed Salad Vanilla Pudding</p>	<p>No Reservations needed come one come all: Faribault Senior Center 19 W Division St – 332-7680 – M-F – 11:30 a.m. Anyone 60 and over eligible Meal Cost: 60 & older: \$4.00 suggested donation Under 60: (full price) ASK ABOUT OUR WEEKLY TICKET SPECIAL</p>			

'Alternate' on Menu = Diner's Choice

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

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August 2017

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<p>1</p> <p>Hot Turkey Sandwich Alt: Taco Salad Mashed Potatoes Buttered Beets Pea/Pickle/Cheese Salad Brownie</p>	<p>2</p> <p>Meatloaf Baked Potato Brussels Sprouts Starburst Cake</p>	<p>3</p> <p>Ham Balls Alt: Ground Beef Patty Fresh Sweet Potatoes Green Beans Ice Cream</p>	<p>4</p> <p>Beef Pot Roast With Vegetables Alt: Chix Caesar Sld Waldorf Gelatin Salad Dinner Roll Fresh Fruit</p>
<p>7</p> <p>Taco Casserole Mexican Corn Peach Chocolate Chip Cookie</p>	<p>8</p> <p>Swedish Meatballs Alt: Taco Salad Mashed Potatoes Broccoli 3-Bean Salad Mixed Fruit Cup</p>	<p>Herb Sellner 9</p> <p>Chicken Romaine Salad Melon Wedge Batter Bun Rhubarb Cake</p>	<p>10</p> <p>Liver & Onions Alt: Salisbury Beef Steak Baked Potatoes Seasoned Peas/Celery Pears in Caramel Sauce</p>	<p>Red Hats 11</p> <p>Pork Roast/Sauerkraut Alt: Chef Salad Corn Casserole Dilled Carrots Apple Cranberry Crisp Salisbury Beef Steak</p>
<p>14</p> <p>Swiss Steak Mashed Potatoes Carrots Fruited Coleslaw Batter Bun Peach Crisp</p>	<p>15</p> <p>Roast Turkey Alt: Taco Salad Mashed Potatoes Seasoned Peas Cuke Salad Cranberry Mold</p>	<p>16</p> <p>Ham/Scalloped Potatoes Alt: Hamb/Scalloped Pot Asparagus Mixed Greens Salad Dinner Roll Moon Cake</p>	<p>17</p> <p>BBQ Meatballs Baked Potato Italian Green Beans Rhubarb Muffin Fresh Grapes</p>	<p>18</p> <p>Chicken Romaine Salad Melon Wedge Wheat Dinner Roll Applesauce Raisin Bar</p>
<p>21</p> <p>Green Pepper Steak Rice Parslied Cauliflower Tossed Salad Citrus Fruit Cup</p>	<p>22</p> <p>Split Pea Soup Crackers Alt: Taco Salad BBQ on Bun Waldorf Salad Lemon Crackle</p>	<p>Herb Sellner 23</p> <p>Baked Chicken Baked Dumpling Broccoli Carrot Coin Salad Ice Cream</p>	<p>24</p> <p>Roast Beef Mashed Potatoes Stewed Tomatoes Homemade Wheat Roll Melon Wedge</p>	<p>25</p> <p>Hamburger on Bun Pickles Alt: Chef Salad Potato Salad Calico Beans Fruit Cocktail Cake</p>
<p>28</p> <p>Beef Stroganoff Over Noodles Green Beans Mixed Greens Salad Dinner Roll/Rhubarb Torte</p>	<p>29</p> <p>Birthday Celebration Tater Tot Casserole Alt: Taco Salad Coleslaw Beet Pickles Cake/Ice Cream</p>	<p>30</p> <p>Liver & Onions Alt: Salisbury Beef Steak Baked Potato Seasoned Peas/Celery</p>	<p>31</p> <p>Italian Chicken Breast Hashbrowns AuGraten Fresh Squash Butterscotch Square</p>	

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