

# Semcac Senior Nutrition

APRIL 2021

Meals are subject to change

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	 <p><b>HAPPY EASTER HAPPY SPRING</b></p>		<b>DON'T BE FOOLED 1</b> Sweet Pepper Steak Brown Rice Yellow Beans Toss Salad Fruit Cocktail Cake <b>ON APRIL FOOLS' DAY!</b>	<b>GOOD FRIDAY 2</b> Tuna Casserole Seasoned Peas&Celery Muffin w/Marg. Cherry Pie
5 Salisbury Steak Mashed Potatoes Brussel Sprouts Flavored Ice Cream	6 Garlic Season Pork Loin Oven Roasted Potatoes Grn. Beans/Mushrooms Muffin w/Marg Baked Apple	7 Chicken Breast Baked Dumpling/Gravy Cole Slaw Asparagus Mandarin Orange Dessert	8 Hamburger Gravy Over Mashed Potatoes Parslied Carrots Apple Cranberry Crisp/w Whipped Topping	9 Chili /w Crackers Corn Muffin Pineapple Slices Lemon Poppy Seed Cake
12 Swedish Meat Balls Mashed Potatoes/Gravy Herbed Green Beans Mixed Fruit Cup	13 Chicken Noodle Soup Crackers Egg Salad Sand Carrot Coin Salad Choc. Cherry Bar	14 Beef Goulash 3 Bean Salad Beet Pickles Garlic Bread Fresh Apple	15 Taco Casserole Mex. Corn Tomato Wedge Corn Bread /w Marg. Cherry Crunch Dessert /w Whipped Topping	16 Chicken Parmesan over Noodles Garlic Bread Romaine Salad Peach Halves Cranberry Mold
19 Baked Chicken Mashed Potatoes/Gravy Broccoli Blushing Pears	20 Beef Stew Muffin Seafoam Salad Rice Krispie Bar	21 Cream Broccoli Soup Chicken Salad/Crackers Strwbry Shortcake /wTpg	22 <b>EARTH DAY USA</b> BBQ on Bun Baked Beans Oven Browned Potatoes Apple Crisp /w Topping	23 Roast Beef Mashed Potatoes/Gravy Harvard Beets Fresh Fruit
26 Swiss Steak/TomatoSce Baked Potato Mixed Veg Orange/Pear Cup	27 Taco Salad w/Meat Cheese,Lettuce,Tomato Tostado Chips Grapes Cookie/Bar	28 Chicken Alfredo Lasagna Mix Salad Garlic Bread Pineapple Slice Pudding	29 Roast Pork Mashed Potatoes/Gravy Fresh Squash Fruit Cocktail Cake	30 <b>ARBOR DAY USA</b> Hamburger Stew Muffin /w Marg. Spiced Peaches Gingerbrd Cake /wTpg

Call to order meal by NOON on business day prior. Curbside pickup at MAIN ENTRANCE of FiftyNorth builing between 11:00-11:30 M-F.  
 Call to place order (507) 664-3700