









Semcac Senior Nutrition

November 2020

Meals are subject to change

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2</p> <p>Chili Con Carne Pineapple Slices Corn Muffin/Marg Flavored Ice Cream *Diab Vanilla Ice Cream</p>	<p>3</p> <p>FIFTYNORTH IS CLOSED due to polling location for election.</p>	<p>4</p> <p>BBQ Meatballs Boiled Baby Red Potato Cauliflower Pudding *Diab: Banana</p> 	<p>5</p> <p>Hot Hamwich Alt: Turkeywich Marinated Green Beans Grapes/Apple Pie *Diab: French Apple Pie</p>	<p>6</p> <p>Roast Pot Roast/Veg Waldorf Gelatin Salad Fresh Orange</p> 
<p>9</p> <p>Ham Scalloped Potatoes Alt: Beef Scalloped Pot. Dilled Carrots Green Salad Fruit Cup</p>	<p>10</p> <p>Rosemary Pork Roast Mashed Potato/Gravy Spinich/Vinegar Fresh Banana</p>	<p>11</p> <p>MN Hot Dish/Coleslaw Muffin w/Marg. Lemon Bar *Diab: Fruit THANK YOU VETERANS</p>	<p>12</p> <p>Creamy Chicken Parm. Rice Pilaf/Asparagus 7 Layer Salad Cookie or Bar *Diab: Pineapple Tidbit</p>	<p>13</p> <p>Porcupine Meatballs Mashed Potatoes Corn/Pimento Cherry Crisp w/Topping *Diab Angel Food Cake</p>
<p>16</p> <p>Beef Rice Cabbage Hotdish Mixed Fruit Cup Pudding *Diab: Cookie</p> 	<p>17</p> <p>Baked Turkey/Dressing Mashed Potatoes Green Bean Casserole Pumpkin Pie *Diab: Pumpkin Pie</p>	<p>18</p> <p>Seashore Tuna Casserole Green Salad/Muffin Tomato Wedge Moon Cake *Diab: Fruit</p>	<p>19</p> <p>Enchilada Casserole Carrots PearHalf/Cranberry Sce Coconut Custard Pie *Diab: Cookie</p>	<p>20</p> <p>Vegetable Soup Egg Salad on Bun Macaroni Fruit Salad Oatmeal Cookie *Diab: Cookie</p>
<p>23</p> <p>Ham Balls Alt: Beef Patty Baked Potato/Sour Crm Succotash Yogurt Fruit Cup</p> 	<p>24</p> <p>Ham & Bean Soup Ham Salad on Bun Cinnamon Applesauce Gelatin Lemon Poppy Seed Cake *Diab: Angel Food Cake</p>	<p>25</p> <p>Tater Tot Casserole Tossed Salad Pickle Spear Mixed Fruit Cup</p> 	<p>26</p> <p>C L O S E D</p> <p>Happy Thanksgiving</p>	<p>27</p> <p>C L O S E D</p> 
<p>30</p> <p>Chicken ala King over Biscuit Seasoned Peas Coleslaw Mixed Fruit Cup</p>			<p>Call to order meal by NOON one business day prior. Curbside pickup on East side of FfityNorth building. (507) 664-3709</p>	

Alternate on Menu = Diner's Choice

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