



Meals are subject to change

Semcac Senior Nutrition - Rochester

July 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
In inclement weather: Please visit www.semcac.org Or visit our FB page Or call 507-864-8231	1 Porcupine Meatballs Mashed Potatoes Corn Strawberry Phoo Phoo *Diab Angel Food Cake	2 Ham & Cheese Sandwich Potato Salad Carrot Raisin Salad Ice Box Dessert *Diab Cookie	3 Please make sure to adhere to the reservation deadlines: 	4 HOLIDAY CLOSED 
7 BBQ on a Bun Hashbrowns AuGratin Calico Beans Melon Cup	8 ROCHESTER BINGO Sweet & Sour Pork White Rice Tossed Salad w/Dressing Pea-Pickle-Cheese Salad Fresh Banana	9 Hamburger w/Fixings on Bun Oven Browned Potatoes Creamy Coleslaw Strawberry Shortcake *Diab Angel Food Cake	10 By 2pm the day before and by 2pm Friday for Monday meal.	
14 Tator Tot Casserole 7-Layer Salad Pineapple Rings Coconut Custard Pie Sq *Diab Cookie/Bar	15 Smothered Chicken Mashed Potatoes California Blend Veg Bar or Cookie *Diab Bar or Cookie	16 BYRON SENIOR CLUB CALL Joni Prigge for reservations 507-319-4306	17 Meals served... Monday & Tuesday Rochester – 11:30am, Wednesday Byron - 12:00pm	18 BINGO! See schedules below
21 Ham Balls Parslied Boiled Red Potato Broccoli Fresh Orange	22 ROCHESTER BINGO Chili w/Crackers Corn Muffin w/Marg Cottage Ch w/1/4 Peaches Vanilla Pudding *Diab Fruit Cup	23 BYRON BINGO TurkeyTaco Salad w/ Tostato Chips & Fixings Mexican Black Beans Starburst Cake *Diab Angelfood Cake	24	25 <u>ROCHESTER BINGO</u> July 8 & 22 12:30 – 1:30pm
28 Goulash Fruit Cup Pickle Oatmeal Choc Chip Bar *Diab Cookie	29 Ham & Cheese Pasta Mixed Greens Melon Wedge Crumb Cake *Diab Banana	30 Chicken Romaine Salad Melon Wedge Muffin w/Marg Applesauce Raisin Bar *Diab Applesauce	To reserve a meal, call Family Service Rochester at 507-287-2010	<u>BYRON BINGO</u> July 23 1:00 – 2:00pm

Alternate on Menu = Diner's Choice

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