



DECEMBER 2024

Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6
Vegetable Lo Mein/ Noodles W/ Green Peas Garlic Bread Mandarin	Lentils w/ Tomatoes & Onion Mashed Potatoes w/ Gravy Carrots Dinner Roll Fresh Fruit Mix	Cheese Quesadilla w/ Tomato & Lettuce Refried Beans Apple Slices	Noodle Soup w/ Carrots, Celery & Potatoes White Sliced Bread Grapes	Vegetable Fried Rice W/ Egg, Red Peppers & Peas Sauteed Zucchini w/ Tomatoes and Onion Dinner Roll Banana
9	10	11	12	13
Pasta w/ Tomatoe Sauce Cesar Salad Garlic Bread Pineapple	Veggie Kung Pao w/ veggies Green Peas W/ Butter Honey Wheat Bread Fruit Cocktail	Cream of Vegetables Soup Baked Potato w/ sour cream Tortilla Apple Slices	Refried Bean Tostadas Lettuce, Tomato, Sour Cream Stir Fry Bell Peppers & Carrots Banana	Cheese Quesadilla Mexican Rice Steamed Broccoli Dinner Roll Orange
16	17	18	19	20
Quinoa w/ Tomatoe & Onion White Rice Grilled Zucchini Honey Wheat Bread Sliced Peaches in Syrup	Lentils W/ Cilantro & Onions Refried Beans Steamed Carrots Nectarine	Cream of Broccoli Soup Cheese Quesadilla Green Peas w/ Butter Tortilla Pineapple	Cheese Enchiladas Shredded lettuce & tomatoes Yellow Rice Cucumber salad w/ cilantro & lime Banana	Vegetable Wrap Mashed Potatoe & Gravy Steamed Corn Dinner Roll Apple Pie
23	24	25	26	27
CLOSED			Center Closed for Seniors	
30	31	1	2	3
Center Closed for Seniors				
PLEASE NOTE: THESE MEALS MAY CONTAIN THE FOLLOWING ALLERGENS * Peanuts * Tree Nuts * Seafood* Shellfish * Soy * Eggs * Milk * Wheat * Sesame.				
Intercultural Senior Center (402) 444-6529				
5545 Center Street Omaha, NE 68106				
www.interculturalseniorcenter.org				