

August Vegetarian 2026



Monday	Tuesday	Wednesday	Thursday	Friday
3	4	5	6	7
Bean Burrito	Coconut Curry Tofu	Quinoa w/ Mushroom	Cheese Quesadillas	Chickpea Florentine
Lettuce, Tomato & Sour Cream	Jasmine Rice	Mashed Potatoes w/ Gravy	Shredded Lettuce & Tomatoes	w/ Spinach Parmesan Sauce
Yellow Rice	Sautéed Mixed Vegetables	Green Beans	w/ Sour Cream & Fresh Cheese	Brown Rice
Watermelon	Mixed Fruit	Melon	Refried Beans	Cooked Carrots
Milk	Milk	Milk	Melon	Mixed Fruit
			Milk	Milk
10	11	12	13	14
Baked Lentils	Cheese Enchiladas	Vegetable Lo Mein	Tomato Braised Chickpeas	
w/ Mushroom Gravy	Shredded lettuce & tomato	w/ Bell Pepper, Onion, Cabbage, Carrot	Seasoned Rice	
Brussels Sprouts	Mexican Rice	Sautéed Broccoli	Steamed Collard Greens	
Cantaloupe	Mixed Fruit	Apples	Mixed Fruit	
Milk	Milk	Milk	Milk	
17	18	19	20	21
Vegetable Stir Fry	Potato & Bean Chile Verde	Pasta Alfredo	Veggie Wrap	Refried Beef Soft Tacos
Fried Rice	Spanish Rice	Sautéed Broccoli	w/ Flour Tortilla	w/ Shredded lettuce, tomato, cheese
Steamed Broccoli	Zucchini, Corn & Tomato Salad	Mixed Fruit	California Blend Vegetables	Mexican Rice
Pineapple	Pineapple	Garlic Bread	Mixed Fruit	Mixed Fruit
Milk	Milk	Milk	Milk	Milk
24	25	26	27	28
Baked Lentils	Three- Bean Salad	Cheesy Nachos	Veggie Wrap	Black Beans & Quinoa
Green Beans	Potato Salad	w/ Tortilla Chips, lettuce,	French Fries	Sautéed Broccoli
Dinner Roll	Applesauce	Tomato & Cheese	Coleslaw	Brown Rice
Mixed Fruit	Dinner Roll	Corn	Apples	Mandarin
Milk	Milk	Mixed Fruit	Milk	Milk
		Milk		
31				
Veggie Wrap				
Spinach Salad				
Mixed Fruit				
Milk				

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