



\*Calendar is subject to change  
without notice

Monday	Tuesday	Wednesday	Thursday	Friday
				1
				Fried Rice
				w/ Egg, Red Peppers & Peas
				Cucumber Salad
				Dinner Roll/Margarine
				Banana
4	5	6	7	8
Cream of Vegetables	Lentils	Garbanzo Beans w/ Onions, tomato	Quinoa Tacos	Mexican Tamales
Cheese Quesadilla	Mashed Potato	Rice w/ vegetables	w/ Cilantro and Onions	Pinto Beans
Baked Potato w/ sour cream	Grilled Squash	Green Beans Salad	Radish Salad	Pico de Gallo
White Sliced Bread	Dinner Roll/Margarine	Garlic bread	With Rice	Chips
Apple Slices	Pineapple	Mandarin	Apple Crisp	Orange Slices
				11
				12
				13
				14
				15
	Yellow Rice w/ Vegetables	Cream of Broccoli Soup	Cheese Quesadillas	Kung Pao with Veggies
	Quinoa w/ onions, tomato and cilantro	Seasoning Beans w/ onions, tomato and cilantro	Shredded Lettuce & Tomatoes	Green Peas with Butter
	Cucumber Salad w/ Tomatoes	Spaghetti w/Butter	w/ Sour Cream & Fresh Cheese	Honey Wheat
	Grapes	Oatmeal Cookies with raisins	Refried Beans	Fruit Cocktail
			Mandarin	
18	19	20	21	22
Garbanzo Beans	Pupusas W/ cheese	Green Beans w/ onions, tomato and cilantro	Creamy Lentil Soup	Brown rice Teriyaki
Potatoes Au Gratin	Cabbage Salad	Macaroni and Cheese	White Rice	w/ Broccoli
Corn Casserole	Black Beans w/ onions, tomato and cilantro	Steamed Green Beans	Green Salad	Noodles
Dinner Rolls	Orange	Sliced Bread	Multigrain Bread	Sauteed Sweet Corn w/ Red Pepper & Cilantro
Mix Fruit		Apple Slices	Pineapple	Mandarin
				25
				26
				27
				28
				29
		Vegetables Tinga Tostadas		
		Lettuce, Tomato, Sour Cream		
		Refried Beans		
		Banana		

PLEASE NOTE: THESE MEALS MAY CONTAIN THE FOLLOWING ALLERGENS \* Peanuts \* Tree Nuts \* Seafood \* Shellfish \* Soy \* Eggs \* Milk \* Wheat \* Sesame.

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[www.interculturalseniorcenter.org](http://www.interculturalseniorcenter.org)