



September Vegetarian 2026



Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	3	4
	Cheese Pupusa	Vegetable Lo Mein Noodles	Veggie Wrap	Tofu Chile Verde
	Cabbage Salad w/ Radishes	w/ Broccoli & Carrot	Mashed Potatoes w/ White Gravy	Spanish Rice
	Black Beans	Spinach Salad	Green Beans	Zucchini, Corn & Tomato Salad
	Mixed Fruit	Mixed Fruit	Apples	Pineapple
	Milk	Milk	Milk	Milk
7	8	9	10	11
	Mongolian Broccoli	Veggie Fajitas w/ Tortillas	Grilled Cheese Sandwich	Fettuccine Alfredo
	w/ Green & Red Peppers	Bell Peppers, Tomato & Onion	Grilled Squash	Corn w/ Red Peppers
	Cooked Carrots	Mexican Rice	Mixed Fruit	Caesar Salad
	White Rice	Mandarin	Milk	Pineapple
	Mandarin	Milk		Milk
	Milk			
14	15	16	17	18
Bean Burrito	Lentils & Garbanzo Beans	Coconut Curry Tofu	Vegetable Stir-Fry	
Lettuce, Tomato & Sour Cream	Mashed Potatoes & Brown Gravy	Jasmine Rice	w/ Bell Peppers, Carrots & Zucchini	
Yellow Rice	Caesar Salad	Sautéed Mixed Veggies	Brown Rice	
Watermelon	Apples	Mixed Fruit	Mixed Fruit	
Milk	Milk	Milk	Milk	
21	22	23	24	25
Vegetable Fried Rice	Baked Lentils			
w/ Red Peppers & Carrots	w/ Cilantro, Onion & Corn Tortillas			
Broccoli Salad	Yellow Rice			
Mixed Fruit	Cooked Corn			
Milk	Banana			
	Milk			
28	29	30		
Veggie Wrap	Refried Bean Tostada	Three-Bean Salad		
w/ Lettuce, Tomato & Onion	Lettuce, Tomato & Sour Cream	Pico de Gallo		
Tater Tots	Corn Casserole	Yellow Rice		
Corn	Pineapple	Pineapple		
Milk	Milk	Milk		
PLEASE NOTE: THESE MEALS MAY CONTAIN THE FOLLOWING ALLERGENS * Peanuts * Tree Nuts * Seafood * Shellfish * Soy * Eggs * Milk * Wheat * Sesame.				
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