

Monday	Tuesday	Wednesday	Thursday	Friday
3	4	5	6	7
Spaguetti w/ Meatballs	Beef & Black Bean Soup	Baked Chicken	Closed to SENIORS	Seafood Chowder
Caesar Salad	w/ Bell Pepper, Tomatoe & Onions	White Rice		Country Blend Veggies
Pineapple	Corn on the Cob	Steamed Broccoli		Garlic Bread
Garlic Bread	Orange	Mandarin		Ambrosia Salad
Milk	Corn Tortilla	Dinner Roll		Milk
	Milk	Milk		
10	11	12	13	14
Cheeseburger	Chicken Tinga Tostadas	Bean and Cheese Popusa	Chicken Noodle Soup	Breaded Tilapia
w/ Lettuce, Tomatoe & Onion	Lettuce, Tomato & Sour Cream	Cabbage Salad	w/ Carrots, Celery & Onion	Scalloped Potatoes
Tator Tots	Cold Pasta Salad	Refried Beans	Baked Sweet Potato	Green Salad
Apple Slices	Grapes	Mandarin	Orange Slices	Sliced Bread
Milk	Milk	Milk	Salted Crackers	Strawberry w/ Bananas
			Milk	Milk
17	18	19	20	21
Corned Beef	BBQ Pork Ribs	Tomato Soup	Roast Beef & Swiss Cheese	Cheese Enchiladas
W/ Potatoes & Carrots	Baked Potato w/ Butter	Grilled Cheese	On Honey Wheat Bread	Shredded Lettuce & Tomatoes w/ Sour Cream
White Rice	Steamed Brocoli	Steamed Veggies w/ Butter	w/ Lettuce & Tomato	Yellow Rice
Sliced Peaches in Syrup	Garlic Bread	Banana	Potato Salad	Cucumber Salad w/ Cilantro & Lime
Milk	Strawberries	Milk	Apple Slices	Grapes
	Milk		Milk	Milk
24	25	26	27	28
Chicken Tacos	Garlic Steak Bites	Chili w/ Beans	Peperoni Pizza	Shrimp Alfredo Fetucini
Cabbage Salad	Mashed Potatoes w/ Gravy	Salted Crackers	Caesar Salad	Steamed Corn w/ Red Peppers
Yellow Rice	Grilled Zucchini	Green Bean Salad	Fruit Cocktail	Orange
Pineapple	Sliced Bread	Banana	Milk	Garlic Bread
Milk	Milk	Milk		Milk
31	 <p>Remember to call before 9:30 to reserve your lunch 402-444-6529</p>			
Chicken Kung Pao				
Green Peas w/ Butter				
Honey Wheat Bread				
Fruit Cocktail				
Milk				

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