






Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6
	Lentils w/ onions, tomato	Grilled Zucchini	Garbanzo Beans w/ Onions, tomato	Cheese Enchiladas
	Spaghet Sauce w/ Tomato	White Rice	Bake Potato Sour Cream	Shredded lettuces & tomatoes w sour cream
	Cabbage salad	Cauliflower in vinaigrette	Green Beans Salad	Mexican Rice
	Dinner Roll/Margarine	Tortilla corn	Garlic Bread	Radish Salad with cilantro and lime
	Vanilla Pudding	Melon	Watermelon	Grapes
9	10	11	12	13
Fettuccine Alfredo	Veggie Wrap	Veg Fried Rice	Seasoning Black Beans w/ onions, tomato and cilantro	Teriyaki
Green Peas with butter	Mashed Potato	Egg, red peppers & peas	Potatoes Au Gratin	w/ Broccoli
Caesar Salad/Dressing	Steam Carrots	Cucumber salad	Corn Casserole	Noodles
Multi Grain Bread	Chocolate Cookies	Mandarin Oranges	Bread an Butter	Corn Casserole, Red Peppers
Banana	Pineapple		Mix Fruit	Watermelon
16	17	18	19	20
Cheese Quesadillas	Could Salad with peas	Veggie Burger	Baked Ham	Chinese Fry Rice w/ Vegetable
Lettuce,tomato, Sour Cream	Celery, onions w/Mayonnaise	French Fries	Mashed Potato & Gravy	w/ Egg, Red Peppers & Peas
Refried Beans	Diced Potatoes	Hawaiian Salad	Zucchini Salad w/ Totato	Broccoli Salad
Watermelon	Corn Tostadas	Vanilla Ice Cream	Strawberry w/ Cream	Dinner Roll/Margarine
	Banana	W/Cookies		Green Melon
23	24	25	26	27
Mushroom Rice Recipe	Broccoli w/ cheese sauce Recipe	Cheese Nachos	Lo Mein	Pizza Veggie
French Fries	Yello Rice	Refried Beans	Cucumber Radish Salad w/Cilantro & Lemon	With Cheese
Green beans salad with mayonnaise	Tomato and Onion Salad	Corn Tortilla	Garlic Bread	Cesar Salad
Corn Tortilla	Dinner Roll/Margarine	Banana w/ Syrup	Watermelon	Vanilla Ice Cream
Peaches in syrup	Grapes			Strawberries
30				
Quinoa Tacos				
w/ Cilantro and Onions				
Cucumber Salad w/ Tomatoes				
Yellow Rice w/ Vegetables				
Apple				

Intercultural Senior Center

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www.interculturalseniorcenter.org