


Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6
Quinoa w/ tomatoes and onion	Lentils w/ Cilantro and onion	Veggie Wrap	Cheese Pupasas	veggie fried rice
w/ Red Bell Peppers & Tomatoes	Grilled Squash	Potato chips	Cabbage salad	w/ Bell Peppers & Onions
White Rice	dinner roll	Juice	Refried beans	Buttered Green Beans
Tortilla	watermelon	Apple	orange	Banana
Banana	Milk		Milk	Milk
Milk				
9	10	11	12	13
Veggie Fried rice	Quinoa	Cheese Enchiladas	Cheese Quesadilla	Fried rice with baby corn
Garden Salad	Mashed potatoes with gravy	Shredded Lettuce & Tomatoes w/ Sour Cream	Yellow Rice	and Carrots
Mixed Fruit	Chinese Green Beans	Yellow Rice	Pico de Gallo	Cucumber salad
Bread Pudding	Dinner Roll	Cucumber Salad w/ Cilantro & Lime	Cantaloupe	Mixed Fruit
Milk	Milk	Grapes	Milk	White Bread
		Milk		Milk
15	17	18	19	20
Veggie Wrap	Cheese Quesadilla	Spaguetti	Garbanzo Beans	Quinoa w/ flour Tortillas
Baked Potato w/ Butter	w/ Shredded Lettuce, tomatoe & Sour Cream	Caesar Salad	Lettuce, Tomatoe & Sour Cream	Pico de Gallo
Steamed Brocoli	Refried beans	Pineapple	White Rice	Garlic Butter Rice
Garlic Bread	corn cassrole w/ bell peppers	Garlic Bread	grilled squash	Watermelon
Strawberries	Grapes	Milk	mixed fruit	White Bread
Milk	Milk		milk	Milk
23	24	25	26	27
Macaroni and Cheese	Grilled Squash	Quinoa w/ flour tortillas	Lentils w/ Cilantro & Onion	Veggie Hamburger
Brussels Sprouts	White Rice	w/ Cilantro & Onion	White rice	w/ Lettuce, Tomatoe & Onion
Caesar Salad	Dinner Roll	Yellow Rice	Sauteed Broccoli w/ green/red peppers	French Fries
Canteloup	Banana	Steamed Corn	Sliced Apple	Green Beans
Milk	Milk	Grapes	Milk	Apple Slices
		Milk		
30				
Veggie Wrap	<div>  <div> <p>Remeber to call before 9:30 a.m. to reserve your lunch</p> </div> </div>			
Mac Salad				
Cucumber Slices				
Sliced Peaches in Syrup				
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				
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May 2025				