



August 2025

* Calendar is subject to change without notice

Monday	Tuesday	Wednesday	Thursday	Friday
<div>Remember to call before 9:30 a.m. to reserve your lunch</div>				1
				Shrimp Fried Rice
				w/ Egg, Red Peppers & Peas
				Broccoli Salad
				Dinner Roll/Margarine
				Tropical Fruit
				Skim Milk
4	5	6	7	8
Pork and Cheese Pupasas	Marry Me Chicken Pasta	BBQ pork ribs	Mongolian Beef	Kung Pao Chicken with Veggies
Cabbage salad	Caesar Salad	Potato salad w pea and carrot	Yellow Rice	White Rice
Refried beans	Strawberries	dinner roll	Sauteed Broccoli & Green/Red Peppers	Dinner Roll
Watermelon	Stir Fry Green Beans	cantaloupe	Melon	Banana
Skim Milk	White Bread	Skim Milk	Skim Milk	White Bread
	Skim Milk			Skim Milk
11	12	13	14	15
Garlic Steak Bites	Baked Chicken	Beef Fajitas	Tuna Salad w/Croissant &	Beef Lo mein
Spaguetti with red sauce	Mashed Potato	w/ Red Bell Peppers & Tomatoes	Celery, Carrot & Mayonnaise	white curry rice
Grilled Zucchini	Garlic Bread	Yellow Rice	French Fries	Broccoli salad
Melon	Roasted Green Beans	Tortilla	Watermelon	Sliced Bread
Skim Milk	Grapes	Pineapple	Skim Milk	Mandarine
	Skim Milk	Skim Milk		Skim Milk
18	19	20	21	22
Soft chicken taco	Meatloaf			
With Pico de gallo	Mashed Potato w/ gravy			
Yellow Rice	Steam Carrots			
Radish salad w/ lime	Sliced Bread			
Sliced apple	Pineapple			
skim Milk	Skim Milk			
25	26	27	28	29
Chicken & veggies Wrap	Baked Pork chops w/gravy	Beef Burgers	Shrimp Alfredo Fetucini	Breaded Tilapia
cucumber salad	Brussels Sprouts	w/ Tomato, Lettuce & Onion	Steamed Corn w/ Red Peppers	rice w/ veggie
watermelon	ceaser Salad	Hamburger Bun	Pineapple	Green Salad
Skim Milk	Cantaloupe	French Fries	Garlic Bread	Sliced Bread
	Skim Milk	Caesar Salad	Skim Milk	Strawberry w/ Bananas
		Strawberry ice cream		Skim Milk
		Skim 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