

Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	3	4
	Creamy Lentil Soup	Mexican Pork Tamales	Baked Chicken	Shrimp Fried Rice
	W/ Shredded Chicken	Pinto Beans	Mashed Potat & Gravy	w/ Egg, Red Peppers & Peas
	White Rice	Pico de Gallo	Corn salad w/ cilantro & tomato	Cucumber Salad
	Green Salad	Chips	Slice Bread	Dinner Roll/Margarine
	Corn Tortilla	Melon	Banana	Fruit Cocktail
7	8	9	10	11
Chicken Tinga Tostadas	Breaded Tilapia	Beef Soup	Al pastor Tacos	BBQ Pulled Pork Sandwiches w/ onions.
Lettuce, Tomato, Sour Cream	Rice w/ vegetables	w/ Corn, Carrot, Zucchini	w/ Cilantro and Onions	French Fries
Refried Beans	Green Beans Salad	White Curry Rice	Radish Salas	Coleslaw Salad
Jelly	Garlic bread	Steames Green Beans	Yellow Rice w/ Vegetables	Vanilla Pudding
	Mandarin	Corn Tortilla	Pineapple	
14	15	16	17	18
Chicken Enchiladas w/ Sour Cream	Baked Ham	Chicken Fettuccine Alfredo	Cream of Potato Soup	Kung Pao Chicken with Veggies
Shredded lettuces & tomatoes	Mashed Potat & Gravy	Green Peas with butter	Beef Milanesa	Green Peas with Butter
Mexican Rice	Lettuce salad w/ tomato	Caesar Salad/Dressing	Baked Potato w/ sour cream	Chocolate Brownie
Cucumber salad with cilantro and lime Grapes	Strawberries	Mandarin	Apple	
21	22	23	24	25
Vegetable Cream Soup	Mustard Chicken	Pupusas W/ cheese	BBQ pork Ribs	
Beef Stew	With Rice	Cabbage Salad	Potato Salad	
Scalloped Potatoes	Steamed Carrots	Black Beans w/ onions, tomato and cilantro	Grilled Squash	
Slice Bread	Pumpkin Pie	Orange	Dinner Roll/Margarine	
Pineapple			Jelly	
28	29	30	31	
Chicken Fried Rice	Pork Gorditas	Meatloaf	Cream of Broccoli Soup	
w/ Egg, Red Peppers & Peas	Shredded Lettuce & Tomatoes	Mashed Potato	Came Asada	
Broccoli Salad	w/ Sour Cream & Fresh Cheese	Steam Carrots	Potato Wedges	
Dinner Roll/Margarine	Refried Beans	Sliced Bread	Slice Bread	
Watermelon	Pineapple	Fruit Cocktail	Slice apple	

* All lunches include a cup of 1% milk.

PLEASE NOTE: THESE MEALS MAY CONTAIN THE FOLLOWING ALLERGENS * Peanuts * Tree Nuts * Seafood* Shellfish * Soy * Eggs * Milk * Wheat * Sesame.

Intercultural Senior Center

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