Intercultural SENIOR CENTER

November 2026

Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6
Beef Enchiladas		Baked Chicken	Pollo a la Crema	Salisbury Steak w/ Mushroom
Shredded Lettuce & Tomato		Mashed Potatoes w/ Gravy	w/ Red Peppers & Cooked Spinach	Mashed Potatoes w/ Gravy
Mexican Rice		Corn	White Rice	Green Beans
Mixed Fruit		Watermelon	Mixed Fruit	Melon
Milk		Milk	Milk	Milk
9	10	11	12	13
Tomato Braised Beef	Shrimp Fried Rice		Chicken Lo Mein	Fish & Chips
Brown Rice	w/ Red Peppers & Carrots		w/ Bell Pepper, Onion, Cabbage, Carrot	w/ Breaded & Baked Fish
Steamed Collard Greens	Broccoli Salad		Sautéed Broccoli	French Fries
Mixed Fruit	Mixed Fruit		Apples	Coleslaw
Milk	Milk		Milk	Apples
				Milk
16	17	18	19	20
Meatloaf	Pork and Cheese Pupusas	Chicken Tacos	Cheeseburger	Fish Tacos
Mashed Potatoes w/ Gravy	Cabbage Salad	w/ Cilantro & Onion	w/ Lettuce, Tomato & Onion	w/ Cilantro & Onion
Corn Casserole	Refried Beans	Corn	Tater Tots	Mexican Rice
Ambrosia Salad	Pineapple	Pineapple	Corn	Pineapple
Milk	Milk	Milk	Milk	Milk
23	24	25	26	27
				
30				
Sliced Turkey				
Mashed Potatoes & Brown Gravy				
Caesar Salad				
Apples				
Milk				

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

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