



Monday	Tuesday	Wednesday	Thursday	Friday
			1	2
	<div> Remeber to call before 9:30 a.m. to reserve your lunch </div>		Chicken Parmesan	Chicken Lo Mein
			w/ Spaghetti	Sliced Bread
			Garlic Bread	Steamed Baby Carrots
			Caeser Salad	Bananas w/ Cream
			Orange Slices	Milk
			Milk	
5	6	7	8	9
Beef Fajitas	Chicken Soup	Beef Stir Fry w/ Bell Peppers and Brocoli	Baked Chicken	Shrimp Stir Fry
w/ Red Bell Peppers & Tomatoes	w/ Carrots, Celery & Potatoes	Lo Mein	Baked Potatoes w/ Sour Cream	brown Rice
White Rice	Steamed Brocoli	Cucumber Salad	Wheat Bread	Green beans salad
Tortilla	White Rice	Honey Dew	Roasted Green Beans	Apple Slices
Mixed fruit	Apple Slices	Milk	Grapes	Milk
Milk	Milk		Milk	
12	13	14	15	16
Chicken Tinga Tostadas	Roast Beef & Swiss Cheese	Baked Pork Chops	Albondiga Soup	Breaded Tilapia
Lettuce,Tomato, Sour Cream	on Honey Wheat Bread	White Rice	w/ Potatoe and Carrots	Scalloped Potatoes
Refried Beans	w/ Lettuce & Tomatoes	Buttered Corn	White Rice	Green Salad
Melon	Potato Salad	Dinner Roll	Green Salad	Sliced Bread
Skim Milk	Apple Slices	Watermelon	Slice oranges	Peaches w/ Syrup
	Milk	Milk	Milk	Milk
19	20	21	22	23
Vegetable Cream Soup	BBQ Pulled Pork Sandwhich	Beef Stew	Chicken Fettuccine Alfredo	Kung Pao Chicken
Grilled Chicken	Baked Green Beans w/ Onions	White Rice	Green Peas w/ Butter	w/ Bell Peppers
Garlic Roasted Potatoes	Chocolate Chip Cookie	Steamed Brocoli	Caesar Salad	White Rice
Chocolate Chip Cookies	Orange Slices	Grapes	Garlic Bread	Cucumber Salad w/ Cilantro & Lime
Milk	Milk	Milk	Strawberries Cream	Dinner Roll
			Milk	Milk
26	27	28	29	30
ISC CLOSED	Al Pastor Tacos	Sweet and Sour Chicken	Ropa Vieja	Shredded Chicken Noodle Soup
	w/ Cilantro & Onion	w/ Bell Peppers & Onions	with cilantro and Onions	Wheat Bread
	Yellow Rice	Buttered Green Beans	White Wice	Garden Salad
	Steamed Corn	White Rice	Grill squash	Grapes
	Banana	Banana	Cantaloupe	Milk
	Milk	Milk	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

5545 Center Street Omaha, NE 68106

www.interculturalseniorcenter.org

May 2025