



## August Vegetarian 2025

\* Calendar is subject to change without notice

Monday	Tuesday	Wednesday	Thursday	Friday
Remember to call before 9:30 a.m. to reserve your lunch				1
				<b>Veggie Fried Rice</b>
				<b>w/ Red Peppers &amp; Peas</b>
				<b>Broccoli Salad</b>
				<b>Dinner Roll/Margarine</b>
				<b>Tropical Fruit</b>
				<b>Skin Milk</b>
4	5	6	7	8
<b>Cheese Fajitas</b>	<b>Marry Me Pasta</b>	<b>Quinoa</b>	<b>Mongolian Broccoli</b>	<b>Grilled Squash</b>
<b>Cabbage salad</b>	<b>Cesar Salad</b>	<b>Potato salad</b>	<b>Yellow Rice</b>	<b>White Rice</b>
<b>Refried beans</b>	<b>Strawberries</b>	<b>cucumber salad</b>	<b>Sauteed Broccoli &amp; Green/Red Peppers</b>	<b>Dinner Roll</b>
<b>watermelon</b>	<b>Stir Fry Green Beans</b>	<b>dinner roll</b>	<b>Melon</b>	<b>Banana</b>
<b>Skin Milk</b>	<b>White bread</b>	<b>cantaloupe</b>	<b>Skin Milk</b>	<b>White bread</b>
	<b>Skin Milk</b>	<b>Skin Milk</b>		<b>Skin Milk</b>
11	12	13	14	15
<b>Sauteed Veggies</b>	<b>Quesadilla</b>	<b>Veggie Fajitas</b>	<b>Croissant</b>	<b>Veggie Lo mein</b>
<b>Spaghetti with red sauce</b>	<b>Mashed Potato</b>	<b>Yellow Rice</b>	<b>W/Celery, Carrot &amp; Mayonnaise</b>	<b>white curry rice</b>
<b>Grilled Zucchini</b>	<b>Garlic Bread</b>	<b>Tortilla</b>	<b>French Fries</b>	<b>Broccoli salad</b>
<b>Melon</b>	<b>Roasted Green Beans</b>	<b>Pineapple</b>	<b>Watermelon</b>	<b>Sliced Bread</b>
<b>Skin Milk</b>	<b>Grapes</b>	<b>Skin Milk</b>	<b>Skin Milk</b>	<b>Mandarin</b>
	<b>Skin Milk</b>			<b>Skin Milk</b>
18	19	20	21	22
<b>Quinoa</b>	<b>Sauteed Vegetables</b>	<div>    </div>		
<b>Yellow Rice</b>	<b>Mashed Potato w/ gravy</b>			
<b>Pico de gallo</b>	<b>Steam Carrots</b>			
<b>Radish salad w/ lime</b>	<b>Sliced Bread</b>			
<b>Sliced apple</b>	<b>Pineapple</b>			
<b>Skin Milk</b>	<b>Skin Milk</b>			
25	26	27	28	29
<b>Veggies Wrap</b>	<b>Lentils w/ Cilantro and onion</b>	<b>Vegetarian Burgers</b>	<b>Alfredo Fettucini</b>	<b>Quinoa w onion and tomatoes</b>
<b>cucumber salad</b>	<b>Brussels Sprouts</b>	<b>w/ Tomato, avocado, Lettuce &amp; Onion</b>	<b>Steamed Corn w/ Red Peppers</b>	<b>rice w/ veggie</b>
<b>watermelon</b>	<b>Cesar Salad</b>	<b>Hamburger Bun</b>	<b>Pineapple</b>	<b>Green Salad</b>
<b>Skin Milk</b>	<b>Cantaloupe</b>	<b>French Fries</b>	<b>Garlic Bread</b>	<b>Sliced Bread</b>
	<b>Skin Milk</b>	<b>Caesar Salad</b>	<b>Skin Milk</b>	<b>Strawberry w/ Bananas</b>
		<b>Strawberry ice cream</b>		<b>Skin Milk</b>
		<b>Skin Milk</b>		
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 <a href="http://www.interculturalseniorcenter.org">www.interculturalseniorcenter.org</a>				