



September 2025

Monday	Tuesday	Wednesday	Thursday	Friday
1	2	3	4	5
	Chicken Alfredo	Beef Fajitas	BBQ Pulled Pork Sandwich	Pepperoni Pizza
	Roasted Brussels Sprouts	w/ Red Bell Peppers & Tomatoes	Baked Green Beans w/ Onions	Cesar Salad
	Italian Salad	White curry rice	Chocolate Chip Cookie	Carrots
	Garlic Bread	Tortilla	Orange Slices	Grapes
	Grapes	Pineapple	Milk	Skim Milk
	Skim Milk	Skim Milk		
8	9	10	11	12
Beef and cheese Lasagna	Pork Quesadilla	Orange Chicken	Jambalaya	Shrimp Pasta
Sweet Potato fries	w/ Tomatoe & Lettuce	White Rice	Garden Salad	Roasted Green beans
White Bread	Refried Beans	Bok Choy Stir-Fry	Mixed Fruit	Potato and egg salad
Pineapple	corn salad	Sliced Apple	Bread Pudding	Melon
Skim Milk	Mandarine	Skim Milk	Skim Milk	Skim Milk
	Milk			
15		17	18	19
Grilled Chicken Burrito	Beef Teriyaki w/brocoli & Carrots	Smothered Pork Chop	Beef Milanese	Hot Dog in a bun
Corn salad	White Rice	W/ Mushrooms & Gravy	Green Peas w/ Butter	Potato chips
w/Lime, cilantro & Tomato	Corn in a cob	Baked Beans	French Fries	Orange
Strawberries	Cantaloupe	Grapes	Corn Tortillas	Apple juice
Skim Milk	Skim Milk	Skim Milk	Banana w/Syrap	
			Skim Milk	
22	23	24	25	26
Baked Chicken	Croissant Sandwich	Pollo Asado	Carne Asada w/ corn Tortilla	Seafood Chowder
Baked potato w/ sour cream	w/ Ham & swiss cheese	Mexican Rice	Chickpea salad w/ tomato, onion	Country Blend Veggies
Garlic bread	Scrambled Deviled egg salad	Ceaser Salad	And cilantro	Garlic Bread
Watermelon	Sliced Apple	Chocolate chips cookie	Grilled Squash	Ambrosia Salad
Skim Milk	Skim Milk	Skim Milk	Orange	Skim Milk
			Skim Milk	
29	30			
Al Pastor Tacos	Fried chicken			
w/ Cilantro & Onion	Mashed potato w/ gravy			
Yellow Rice	dinner roll			
Steamed Corn	Vanilla Ice Cream			
Banana	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