Intercultural SENIOR CENTER

July 2026

Monday	Tuesday	Wednesday	Thursday	Friday
		1	2	3
		Baked Ham Scalloped Potatoes Sauteed Broccoli Dinner Roll Apples Milk	Chicken Quesadillas Shredded Lettuce & Tomatoes w/ Sour Cream & Fresh Cheese Refried Beans Melon Milk	
6	7	8	9	10
Beef Fajitas Red Bell Peppers & Tomato Mexican Rice Tortilla Mixed Fruit Milk	Shrimp Fried Rice w/ Veggies Corn w/ Red Peppers Pineapple Milk	Hawaiian BBQ Chicken Macaroni Salad Cucumber Salad Sliced Peaches Milk	Al Pastor Tacos w/ Cilantro & Onion Mexican Rice Corn Pineapple Milk	Chicken Pesto Pasta w/ Red Peppers and Broccoli Caesar Salad Melon Milk
13	14	15	16	17
	Pollo a la Crema w/ Red Peppers & Cooked Spinach White Rice Mixed Fruit Milk	Marry Me Chicken Caesar Salad Garlic Bread Mixed Fruit Milk	Meatloaf Mashed Potatoes Corn Ambrosia Salad Milk	Pork & Refried Bean Tostada Lettuce, Tomato, Sour Cream Corn Casserole Pineapple Milk
20	21	22	23	24
Chicken & Cheese Pupusas Cabbage Salad Refried Beans Mixed Fruit Milk	BBQ Pulled Pork Sandwich French Fries Green Bean Casserole Orange Milk	Tomato Braised Tilapia Brown Rice Mixed Vegetables Pineapple Milk	Baked Chicken Mashed Potatoes w/ Gravy Corn Mixed Fruit Milk	Beef Enchiladas Shredded lettuce & tomato Mexican Rice Mixed Fruit Milk
27	28	29	30	31
Mongolian Pork w/ Broccoli & Green/Red Pepper Cooked Carrots White Rice Mandarin Milk	Cheeseburger w/ Lettuce, Tomato & Onion Tater Tots Corn Apples Milk	Sliced Turkey Mashed Potatoes w/ Gravy Green Beans White Bread Apples Milk	Salmon Patties Macaroni & Cheese Mixed Vegetables Mixed Fruit Milk	Chicken Tinga Yellow Rice Tomatoes & Corn Lettuce Salad Mixed Fruit Milk

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

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