



Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	3	4
	Creamy Lentil Soup	Mexican Tamales	Seasoning Black Beans w/ onions, tomato and cilantro	Fried Rice w/ Vegetables
	White Rice	Pinto Beans	Mashed Potat & Gravy	w/ Egg, Red Peppers & Peas
	Green Salad	Pico de Gallo	Corn salad w/ cilantro & tomato	Cucumber Salad
	Corn Tortilla	Chips	Slice Bread	Dinner Roll/Margarine
	Pineapple	Melon	Banana	Fruit Cocktail
7	8	9	10	11
Quinoa Tinga Tostadas	Garbanzo Beans w/ Onions, tomato	Vegetable Soup	Quinoa Tacos	Veggie Wrap
Lettuce, Tomato, Sour Cream	Rice w/ vegetables	w/ Corn, Carrot, Zucchini	w/ Cilantro and Onions	French Fries
Refried Beans	Green Beans Salad	White Curry Rice	Cucumber Salad w/ Tomatoes	Coleslaw Salad
Jelly	Garlic bread	Steames Green Beans	Yellow Rice w/ Vegetables	Vanilla Pudding
	Mandarin	Corn Tortilla	Pineapple	
14	15	16	17	18
Cheese Enchiladas w/ Sour Cream	Black Beans	Fettuccine Alfredo	Cream of Potato Soup	Kung Pao w/ Veggies
Shredded lettuces & tomatoes	Mashed Potat & Gravy	Green Peas with butter	Baked Potato w/ sour cream	Green Peas with Butter
Mexican Rice	Lettuce salad w/ tomato	Caesar Salad/Dressing	Apple	Chocolate Brownie
Cucumber salad with cilantro and lime	Strawberries	Mandarin		
Grapes				
21	22	23	24	25
Vegetable Cream Soup	Garbanzo Beans	Pupusas W/ cheese	Seasoning Lentils w/ onions, tomato and cilantro	
Rice With	With Rice	Cabbage Salad	Potato Salad	
Scalloped Potatoes	Steamed Carrots	Black Beans w/ onions, tomato and cilantro	Grilled Squash	
Slice Bread	Pumpkin Pie	Orange	Dinner Roll/Margarine	
Pineapple			Jelly	
28	29	30	31	
Fried Rice	Vegetables Gorditas	Vegetable Quesadilla	Cream of Broccoli Soup	
Grilled Vegetables	Shredded Lettuce & Tomatoes	Steam Carrots	Seasoning Beans w/ onions, tomato and cilantro	
Broccoli Salad	w/ Sour Cream & Fresh Cheese	Sliced Bread	Potato Wedges	
Dinner Roll/Margarine	Refried Beans	Fruit Cocktail	Slice Bread	
Watermelon	Pineapple		Slice apple	

* All lunches include a cup of 1% milk.

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

Intercultural Senior Center

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