

Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	3	4
Remember to call before 9:30 a.m. to reserve your lunch	Baked Chicken	Steak Fajita Bowl w/ Rice	Pork Chop with mushroom	
	Roasted potatoes	Black Beans	White Rice	
	cucumber and tomatoe salad	Green beans salad	Shredded carrots salad	
	Watermelon	Melon	mandarin	
	Skim milk	Skim Milk	Skim milk	
7	8	9	10	11
BBQ Pork Ribs	Carne Asada	Chinese Fried Rice w Chicken	Tuna Salad	Kung Pao Chicken with Veggies
Baked Potato/Sour Cream	Yellow rice with peas and carrots	w/ Egg, Red Peppers & Peas	w/ Celery, Carrot & Mayonnaise	White Rice
Cabbage salad	Grilled Squash	Broccoli Salad	French Fries	Dinner Roll
Wheat roll	Corn Tortilla	Grapes	Croissant	Banana
Cantaloupe	Orange	Milk	Grapes	Skim Milk
Milk	Milk		Skim milk	
14		16	17	18
Beef Milanese	Cheeseburger	Pork and beef Sausage Jambalaya	Chicken Teriyaki	Chicken Fettuccine Alfredo
Scallop potatoes	w/ Lettuce, Tomatoe & Onion	Cucumber salad with cilantro and lime	Noodles	Caesar Salad/Dressing
California blend veggies	Tater Tots	Mixed Fruit	Carrot & Pea Salad	Bread Stick
Corn Tortillas	Strawberry Ice Cream	Skim Milk	Fresh fruit cocktail	Melon
Pineapple	Skim milk		Skim milk	Skim Milk
Skim Milk				
21	22	23		25
Fried Chicken	Cheese Pupas	Shrimp Fried rice with Veggies	Birria w/ Cilanto and Onion	Breaded Tilapia
Potato wedges	Cabbage salad	Cucumber salad	Yellow Rice	Scalloped Potatoes
Green Beans salad	Refried beans	White Bread	Corn tortillas	Green Salad
Watermelon	orange	Mixed fresh fruit	Cantaloupe	Dinner Roll
Milk	Milk	Milk	Skim milk	Strawberry w/ Bananas
				Milk
28	29	30	31	
Beef soft Tacos	Chicken Enchiladas	Spaghetti & meatballs	Beef Lo Mein w/ Carrots	
w/ Cilantro and Onions	Shredded lettuces & tomatoes	Tossed Salad/Dressing	Broccoli salad	
Yellow Rice w/ Vegetables	Yellow Rice	Garlic bread	Dinner roll	
Corn salad	radishes salad with lime	Fresh tropical fruit	Banana	
Cantaloupe	Grapes	Skim Milk	Skim Milk	
Skim 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

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