





* Calendar is subject to change without notice

Monday	Tuesday	Wednesday	Thursday	Friday
Monday	Tuesday	wednesday	Thursday	rriday
Beef Fajitas	Baked pork chop with Mushroom	Hot dog in a hun	Pupusas	Sweet and Sour Chicken
v/ Red Bell Peppers & Tomatoes	Grilled Squash	Hot dog in a bun Potato chips	rupusas Cabbage salad	w/ Bell Peppers & Onions
White Rice	dinner roll			
Tortilla		Juice	Refried beans	Buttered Green Beans
	watermelon Milk	Apple	orange	White Rice
Banana Milk	MIIK		Milk	Banana
				Milk
Jambalaya	9 Salisbury steak with Mushroom	Chicken Enchiladas	11 QuesaBirrias w/ Cilanto and Onion	Chairma Faired aires with heavy source
Garden Salad	Mashed potatoes with gravy	Shredded Lettuce & Tomatoes w/ Sour Cream	Yellow Rice	Shrimp Fried rice with baby corn and Carrots
Mixed Fruit	Chinese Green Beans	Yellow Rice	Pico de Gallo	Cucumber salad
Bread Pudding	Dinner Roll	Cucumber Salad w/ Cilantro & Lime	Cantaloupe	Mixed Fruit
Milk	Milk	Grapes	Milk	White Bread
WHIK	Wilk	Milk	WIIK	
	6 17		8 19	Milk
BBQ Pork Ribs	Pork Quesdailla	Spaguetti w/ Meatballs	Chicken Tinga Tostadas	Fish Tacos w/ Flour Tortillas
Baked Potato w/ Butter	w/ Shredded Lettuce, tomatoe & Sour Cream	Caesar Salad	Lettuce, Tomatoe & Sour Cream	Pico de Gallo
Steamed Brocoli	Refried beans	Pineapple	White Rice	Garlic Butter Rice
Garlic Bread	corn cassrole w/ bell peppers	Garlic Bread	grilled squash	Watermelon
Strawberries	Grapes	Milk	mixed fruit	White Bread
Milk	Milk		milk	Milk
2		2	26	
Beef Stroganof	Kung Pao Chicken with Veggies	Al Pastor Tacos	Mongolian Beef	Hamburger
Brussels Sprouts	White Rice	w/ Cilantro & Onion	White rice	w/ Lettuce, Tomatoe & Onion
Caesar Salad	Dinner Roll	Yellow Rice	Sauteed Broccoli w/ green/red peppers	French Fries
Canteloup	Banana	Steamed Corn	Sliced Apple	Green Beans
Milk	Milk	Grapes	Milk	Apple Slices
		Milk		Milk
31	0			
Hawaiian BBQ Chicken	Remeber to call before		<u> </u>	
Mac Salad				
Cucumber Slices	9:30 a.m. to reserve your			
Sliced Peaches in Syrup	lunch	HELLO		
Milk		SUMMER!		
	MEACE MOTE THESE MEASUREMENTS	IF FOLLOWING ALLEDGENG * P	J , +0 f 1+01 110 1 +0 +0 +240 +100 +0	
<u> </u>	LEASE NUTE: THESE MEALS MAY CONTAIN TH	<u>HE FOLLOWING ALLERGENS * Peanuts * Tree N</u> Intercultural Senior Center (402) 444-65	Nuts * Seafood* Shellfish * Soy * Eggs * Milk * Wheat * S	esame.
		5545 Center Street Omaha, NE 68106		
		www.interculturalseniorcenter.org		