



Monday	Tuesday	Wednesday	Thursday	Friday
3	4	5	6	7
Loaded Cheesy Beef Nachos w/ Cilantro, Jalapeno & Onions	Fried Chicken Mashed Potatoe & Gravy	Beef Fajitas W/ Bell peppers & Tomato Grilled Squash	Chicken Noodle Soup W/ Carrots & Celery Garlic Bread Grilled Cheese	Shrimp Fried Rice Corn & Red Peppers
Corn in the cob	Green Beans	White Rice	Cesar Salad	Cucumber & Tomato salad
Refried Beans	Dinner Toll	Tortilla	Grapes	w/ Vinaigrette
Melon	Strawberries	Banana	Skim Milk	Dinner Roll/Margarine
Skim Milk	Skim Milk	Skim Milk		Skim Milk
10	11		13	14
Ham and Potato Cheddar Soup Grilled Cheese Sandwich	Orange Chicken White Rice	Meatball Subs Oven Baked Green Beans	BBQ Pork Ribs Baked Potato/Sour Cream	Jambalaya Garden Salad
Carrots	Bok Choy Stir-Fry	Ceaser Salad	Cabbage salad	Grilled Squash
Grapes	Sliced Apple	Pineapple	white bread	Mandarin
Skim Milk	Skim Milk	Skim Milk	Orange Skim Milk	Skim Milk
17		19	20	21
Beef Stroganof Brussels Sprouts	Cream of Broccoli Soup Carne Asada	Cheeseburger w/ Lettuce, Tomatoe & Onion	Pork Quesadillas Shredded Lettuce & Tomatoes	Breaded Tilapia rice w/ veggie
Cucumber salad	Spaghetti w/Butter	Tator Tots	w/ Sour Cream & Fresh Cheese	Green Salad
Canteloup	Chocolate Chip Cookies	Apple Slices	Refried Beans	Sliced Bread
Skim Milk	Skim Milk	Baked Green beans Skim Milk	Mandarin Skim Milk	Strawberry Skim Milk
24	25	26	27	28
Pork Pozole w/ Radish & Lime Steamed Carrots Yelloe Rice Grapes Skim 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