

Vegetarian December 2025

Monday	Tuesday	Wednesday	Thursday	Friday
1 Potato Cheddar Soup Grilled Cheese Sandwich Carrots Grapes Skim Milk	2 cheese Lasagna Baked sweet potato White Bread Pineapple Skim Milk	3 Veggie Fried Rice w/ Egg, Red Peppers & Peas Garlic Herb roasted potatoes and carrots Dinner Roll Sliced Apple Skim Milk	4 Cheese Quesadilla w/ Tomato & Lettuce Redded Beans corn salad Mandarin Milk	5 Sauteed w/broccoli & Carrots White Rice Corn in a cob Cantaloupe Skim Milk
8 Veggie Alfredo Fettucini Steamed Corn w/ Red Peppers Orange Garlic Bread Skim Milk	9 Veggie fried rice Garden Salad Grilled Squash Mandarin Skim Milk	10 veggie wrap Green Peas w/ Butter French Fries Corn Tortillas Banana Skim Milk	11 Vegetable Soup Sauteed veggies with bell peppers Green peas with butter Pineapple Skim Milk	12 Baked Quinoa rice w/ veggie Green Salad Sliced Bread Strawberry w/ Bananas Skim Milk
15 Sauteed Veggies Black Beans Cesar Salad Banana Skim Milk	16 Loaded Cheesy Nachos w/Cilantro, Jalapeno & Onions Corn in the cob Redded Beans Melon Skim Milk	17 Noodle Soup W/ Carrots & Celery Garlic Green Beans Cesar Salad Garlic Bread Banana Skim Milk	18 Lentils with onions and tomato White Rice Sauteed Broccoli Corn Tortilla Melon Skim Milk	19 Sauteed Veggie Mashed Potatoe & Gravy Green Beans Dinner Toll Strawberries Skim Milk
22 	23 	24 	25 	26 
29 Veggie Burger w/ Lettuce, Tomato & Onion Tator Tots Apple Slices Skim Milk	30 Veggie soup Mexican Rice Sauteed Carrots Mandarin Skim Milk	31 Macaroni Casserole Baked Broccoli Cesar salad Garlic Bread Melon 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				