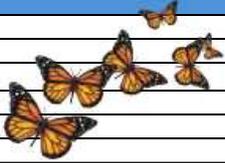




Monday	Tuesday	Wednesday	Thursday	Friday
				
		1	2	3
		Chicken Fried Chicken Mashed Potatoes / Gravy Dinner Roll Oranges Milk	Coconut Curry Fish Jasmine Rice Sautéed Mixed Vegetables Mixed Fruit Milk	Pork Quesadilla w/ Tomato & Lettuce Refried Beans Pineapple Milk
6	7	8	9	10
Chicken Bacon Ranch Wrap w/ Flour Tortilla California Blend Vegetables Mixed Fruit Milk	BBQ Pulled Pork Sandwich Green Bean Casserole Chocolate Chip Cookie Orange Slices Milk	Beef Hard Shell Tacos w/ Lettuce, Tomato, Sour Cream Yellow Rice Pineapple Milk	Chicken Fried Rice w/ vegetables Cucumber Salad Mix Fruit Milk	Pork Chile Verde Spanish Rice Zucchini, Corn & Tomato Salad Pineapple Milk
13	14	15	16	17
Baked Ham Scalloped Potatoes Sautéed Broccoli Dinner Roll Apples Milk	Grilled Chicken w/ Stir Fry Vegetables Fried Rice Mandarin Oranges Milk	Fish Tacos w/ Flour Tortilla Pico de Gallo Yellow Rice Pineapple Milk	Chicken Pesto Pasta w/ Red Peppers and Broccoli Caesar Salad Melon Milk	Baked Pork Loin w/ Mushroom Gravy Brussel Sprouts Cantelope Milk
20	21	22	23	24
Chicken Tinga Tacos w/ Cilantro & Onion Mexican Rice Pinto Beans Pineapple Milk	Sloppy Joes w/ bun Au Gratin Potatoes Apples Milk	Chicken and Cheese Popusas Cabbage Refried Beans Pineapple Milk	Beef Enchiladas Shredded lettuce & tomato Refried Beans Mexican Rice Mixed Fruit Milk	Oven Fried Chicken w/ Biscuit Spinach Sweet Potatoes Milk
27	28	29	30	
Chicken Fajita Bowl w/ Rice Black Beans Lettuce Salad Strawberries & Bananas Milk	Garlic Shrimp w/ White Rice Sautéed Cabbage & Carrots Pineapple Milk	Beef Goulash Cesar Salad Garlic Bread Sliced Peaches Milk	Hamburger on a Bun w/ Lettuce, Tomato & Onion Tater Tots Green Beans Apples 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