Intercultural SENIOR CENTER

November Vegetarian 2026

Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6
Cheese Enchiladas		Baked Tofu	Veggie a la Crema	Quinoa w/ Mushroom
Shredded Lettuce & Tomato		Mashed Potatoes w/ Gravy	w/ Red Peppers & Cooked Spinach	Mashed Potatoes w/ Gravy
Mexican Rice		Corn	White Rice	Green Beans
Mixed Fruit		Mixed Fruit	Mixed Fruit	Melon
Milk		Milk	Milk	Milk
9	10	11	12	13
Tomato Braised Tofu	Vegetable Fried Rice		Vegetable Lo Mein	Veggie Wrap
Brown Rice	w/ Red Peppers & Carrots		w/ Bell Pepper, Onion, Cabbage, Carrot	French Fries
Steamed Collard Greens	Broccoli Salad		Sautéed Broccoli	Coleslaw
Mixed Fruit	Mixed Fruit		Apples	Apples
Milk	Milk		Milk	Milk
16	17	18	19	20
Baked Lentils	Cheese Pupusas	Black Bean Street Tacos	Veggie Wrap	Black Bean Street Tacos
Mashed Potatoes w/ Gravy	Cabbage Salad	w/ Cilantro & Onion	w/ Lettuce, Tomato & Onion	w/ Cilantro & Onion
Corn Casserole	Refried Beans	Corn	Tater Tots	Mexican Rice
Ambrosia Salad	Pineapple	Pineapple	Corn	Pineapple
Milk	Milk	Milk	Milk	Milk
23	24	25	26	27
				
30				
Lentils & Garbanzo Beans				
Mashed Potatoes & Brown Gravy				
Caesar Salad				
Apples				
Milk				

PLEASE NOTE: THESE MEALS MAY CONTAIN THE FOLLOWING ALLERGENS * Peanuts * Tree Nuts * Seafood * Shellfish * Soy * Eggs * Milk * Wheat * Sesame.

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