



Monday	Tuesday	Wednesday	Thursday	Friday
				
2	3	4	5	6
Refried Bean Tostada	Pasta Goulash	Noodle Soup	Vegetable Fajitas	Lo Mein Noodles
Lettuce, Tomato, Sour Cream	Cesar Salad	w/ Carrots, Celery & Potatoes	Red Bell Peppers & Tomato	Baby Carrots
Corn	Garlic Bread	Steamed Broccoli	White Rice	Sliced Bread
Pineapple	Grapes	Crackers	Tortilla	Mandarin
Milk	Milk	Banana	Mix Fruit	Milk
		Milk	Milk	
9	10	11	12	13
Cheese Quesadilla	Potato Cheddar Soup	Mongolian Broccoli	Veggie Wrap	Marry Me Pasta
w/ Tomato & Lettuce	Country Blend Vegetables	White Rice	Mashed Potatoes & Gravy	Cesar Salad
Refried Beans	Garlic Bread	Sauteed Broccoli & Green/Red Pepper	Green Beans	Strawberries
Apple Slices	Ambrosia Salad	Pear Slices	Orange Slices	Garlic Bread
Milk	Milk	Milk	Dinner Roll	Milk
			Milk	
16	17	18	19	20
	Veggie Tacos w/ Flour Tortilla	Veggie Wrap	Vegetable Soup	Bean & Cheese Popusas
	Pico de Gallo	w/ Lo Mein	Curry Rice	Cabbage Salad
	Yellow Rice	Kale Cesar Salad	Dinner Roll	Baked Sweet Potato
	Pineapple	Grapes	Apple Slices	Sliced Peaches
	Milk	Milk	Milk	Milk
23	24	25	26	27
Green Pasole	Meatless Spaghetti	Quinoa w/ Tomato & Onion	Vegetable Fried Rice	Vegetable & Gnocchi Soup
Romaine Salad	Cesar Salad	Macaroni Salad	Green Beans	Parmesan Garlic Bread
Tortilla Chips	Garlic bread	Cucumber Slices	Mandarin Slices	Mixed Veggies
Kiwi	Pineapple	Sliced Peaches	Garden Salad	Orange Slices
Milk	Milk	Milk	Milk	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				