



October 2025 Vegetarian



*Calendar is subject to change without notice

Monday	Tuesday	Wednesday	Thursday	Friday
		1	2	3
Remember to call before 9:30 to reserve your lunch 402-444-6529		Pupusas W/ cheese	Veggie wrap	Lentil soup w/ Carrot & Potato
		Cabbage Salad	Yellow Rice	Baked sweet Potato
		Black Beans w/ onions, tomato and cilantro	Sauteed Broccoli & Green/Red Peppers	Italian Salad
		Orange	Banana	Garlic Bread
		Skim Milk	Skim Milk	Mix fruit
				Skim Milk
6	7	8	9	10
Grilled cheese	Quinoa	Noodle Soup W/ Carrots & Celery	Stir fry veggies	Veggie Fried Rice
Rice Pilaf	Shredded Lettuce & Tomato	Garlic Bread Grilled Cheese	Red Bell Peppers & Tomato	Corn & Red Peppers
Pico de Gallo	with Sour Cream	Cesar Salad	White Rice	Cucumber & Tomato salad
Grilled Squash	Refried Beans	Grapes	Tortilla	w/ Vinaigrette
Corn Tortilla	Fruit Cocktail	Skim Milk	Banana	Dinner Roll/Margarine
Oatmeal Cookies	Skim Milk		Skim Milk	Skim Milk
		15	16	
Cheese Enchiladas	Veggie wrap	Cheese Quesadillas	Potato Cheddar Soup	Stir fry veggies
Shredded lettuces & tomatoes	Green Peas w/ Butter	Shredded Lettuce & Tomatoes	Grilled Cheese Sandwich	W/bell peppers
Curry rice	French Fries	w/ Sour Cream & Fresh Cheese	Carrots	Noodles
Cucumber salad with cilantro and lime	Corn Tortillas	Refried Beans	Grapes	Sauteed Sweet Corn w/ Red Pepper & Cilantro
Skim Milk	Banana w/ Syrap	Mandarin	Skim Milk	Mandarin
	Skim Milk	Skim Milk		Skim Milk
20	21	22	23	24
Veggie Burrito	Chickpea	Sauteed Vegetables	Veggie Fettuccine Alfredo	Black Beans Soup
Corn Cassrole	Baked Potato/Sour Cream	Spaguetti with red sauce	Green peas with butter	Veggie Tamales
w/lime, cilantro & Tomato	Cabbage salad	Grilled Zucchini	cucumber salad	Garden Salad
Strawberries	white bread	Melon	Garlic bread	Pumkin Pie
Skim Milk	Orange	Skim Milk	Skim Milk	Skim Milk
	Skim Milk			
27	28	29	30	31
Quinoa	Cream of Broccoli Soup	Vegan Burger	Sauteed Vegetables	Veggie Wrap
w/ Cilantro & Onion	Grilled Cheese	w/ Lettuce, Tomatoe & Onion	rice w/ veggie	Mashed potato w/ gravy
Yellow Rice	Spaghetti w/Butter	Tator Tots	Green Salad	Coleslaw
Steamed Corn	Oatmeal Cookies with raisins	Apple Slices	Sliced Bread	Apple Pie
Banana	Skim Milk	Skim Milk	Strawberry w/ Bananas	Skim Milk
Milk			Skim Milk	



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

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www.interculturalseniorcenter.org