



March 2026



Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6
Cheese Quesadilla	Mongolian Broccoli	Lentil Soup	Quinoa w/ Mushroom	Garbanzo Beans w/ Onions & Tomato
Pico de Gallo	w/ Bell Pepper	w/ Carrots, Celery & Potatoes	Mashed Potatoes w/ Gravy	Scalloped Potatoes
Yellow Rice	White Rice	Crackers	Green Beans	Cesar Salad
Pineapple	Sliced Apple	White Rice	Melon	Dinner Roll
Milk	Milk	Oranges	Milk	Strawberries & Bananas
		Milk		Milk
9	10	11	12	13
Vegetable Noodle Soup	Veggie Fajitas	Veggie Sandwich	Grilled Cheese Sandwich	Fried Rice w/ Veggies
w/ Celery & Carrots	w/ Bell Pepper, Tomato & Onion	w/ Lettuce, Tomato & Onion	Broccoli Soup	Dinner Roll
Garlic Bread	Refried Beans	Tater Tots	Carrots	Cucumber Salad
Corn Casserole	Tortillas	Mixed Fruit	Grapes	Pineapple
Apples	Mandarin	Milk	Milk	Milk
Milk	Milk			
16	17	18	19	20
Vegetable Lo Mein	Quinoa	Cheese Pizza	Vegetable Soup	Potato Cheddar Soup
w/ Bell Peppers, Onions, Cabbage, Carrots	w/ Potatoes & Carrots	Cesear Salad	Mexican Rice	Garlic Bread
Sauteed Broccoli	Cooked Cabbage	Corn Casserole	Cesar Salad	Mixed Vegetables
Apples	Dinner Roll	Pineapple	Mandarin Oranges	Mixed Fruit
Milk	Orange Slices	Milk	Milk	Milk
	Milk			
23	24	25	26	27
Quinoa Tacos	Bean Salad	Cheese Enchiladas	Green Pasole	Veggie Wrap
w/ Cilantro & Onion	Mashed Potatoes	Shredded Lettuce & Tomatoes	Cabbage & Radishes	Pico de Gallo
Mexican Rice	White Bread	Yellow Rice	Tortilla Chips	Yellow Rice
Pinto Beans	Apples	Grapes	Mandarin Oranges	Pineapple
Pineapple	Milk	Milk	Milk	Milk
Milk				
30	31			
Baked Lentil Casserole	Potato Cheddar Soup			
Mashed Potatoes	Dinner Roll			
Corn	Cooked Carrots			
Ambrosia Salad	Sliced Peaches			
Milk	Milk			

Remember to call
before 9:30 to
reserve your lunch
402-444-6529

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