



Monday	Tuesday	Wednesday	Thursday	Friday
		1	2	3
		Baked Ham	Chicken Quesadillas	
		Scalloped Potatoes	Shredded Lettuce & Tomatoes	
		Sauteed Broccoli	w/ Sour Cream & Fresh Cheese	
		Dinner Roll	Refried Beans	
		Apples	Melon	
		Milk	Milk	
6	7	8	9	10
Beef Fajitas	Shrimp Fried Rice	Hawaiian BBQ Chicken	Al Pastor Tacos	Chicken Pesto Pasta
Red Bell Peppers & Tomato	w/ Veggies	Macaroni Salad	w/ Cilantro & Onion	w/ Red Peppers and Broccoli
Mexican Rice	Corn w/ Red Peppers	Cucumber Salad	Mexican Rice	Caesar Salad
Tortilla	Pineapple	Sliced Peaches	Corn	Melon
Mixed Fruit	Milk	Milk	Pineapple	Milk
Milk			Milk	
13	14	15	16	17
Baked Tilapia	Pollo a la Crema	Marry Me Chicken	Meatloaf	Pork & Refried Bean Tostada
Scalloped Potatoes	w/ Red Peppers & Cooked Spinach	Caesar Salad	Mashed Potatoes	Lettuce, Tomato, Sour Cream
Caesar Salad	White Rice	Garlic Bread	Corn	Corn Casserole
Dinner Roll	Mixed Fruit	Mixed Fruit	Ambrosia Salad	Pineapple
Strawberries & Bananas	Milk	Milk	Milk	Milk
Milk				
20	21	22	23	24
Chicken & Cheese Pupusas	BBQ Pulled Pork Sandwich	Tomato Braised Tilapia	Baked Chicken	Beef Enchiladas
Cabbage Salad	French Fries	Brown Rice	Mashed Potatoes w/ Gravy	Shredded lettuce & tomato
Refried Beans	Green Bean Casserole	Mixed Vegetables	Corn	Mexican Rice
Mixed Fruit	Orange	Pineapple	Mixed Fruit	Mixed Fruit
Milk	Milk	Milk	Milk	Milk
27	28	29	30	31
Mongolian Pork	Cheeseburger	Sliced Turkey	Salmon Patties	Chicken Tinga
w/ Broccoli & Green/Red Pepper	w/ Lettuce, Tomato & Onion	Mashed Potatoes w/ Gravy	Macaroni & Cheese	Yellow Rice
Cooked Carrots	Tater Tots	Green Beans	Mixed Vegetables	Tomatoes & Corn
White Rice	Corn	White Bread	Mixed Fruit	Lettuce Salad
Mandarin	Apples	Apples	Milk	Mixed Fruit
Milk	Milk	Milk		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](http://www.interculturalseniorcenter.org)