

## Vegetarian July 2025

\* Calendar is subject to change without notice

Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	3	4
Remember to call before 9:30 a.m. to reserve your lunch	Baked Lentils	Black Beans w/Rice	Carrots with mushroom	
	Roasted Potatoes	Green beans salad	White Rice	
	Cucumber and tomatoe salad	Melon	Shredded carrots salad	
	Watermelon	Skim milk	Corn Tortilla	
	Skim milk		Peaches in syrup	
			Milk	
7	8	9	10	11
Veggie Wrap	Quinoa w/ tomatoes and onion	Chinese Fried Rice	Peas with butter	Mixed Veggies
Baked Potato/Sour Cream	Grilled Squash	w/ Egg, Red Peppers & Peas	French Fries	White Rice
Cabbage salad	Corn Tortilla	Broccoli Salad	Croissant	Dinner Roll
Cantaloupe	Orange	Grapes	Grapes	Banana
Skim milk	Skim milk	Skim milk	Skim milk	Milk
14	15	16		18
Scallop potatoes	Grilled Cheese	Quinoa Stuffed Peppers	Veggies Teriyaki	Fettuccine Alfredo
California blend veggies	w/ Lettuce, Tomato & Onion	Garden Salad	Noodles	Caesar Salad/Dressing
Pineapple	Tater Tots	Mixed Fruit	Carrot & Pea Salad	Bread Stick
Skim milk	Strawberry ice cream	Bread Pudding	Fresh fruit cocktail	Melon
	Milk	Milk	Skim milk	Skim Milk
21	22	23	24	25
Veggie Wrap	Cheese Pupusas	Fried rice with baby corn	Quesadilla	Garbanzo Beans w/ Onions & Tomatoes
Potato wedges	Cabbage salad	and Carrots	Yellow Rice	Scalloped Potatoes
Green Beans salad	Refried beans	Cucumber salad	Pico de Gallo	Green Salad
Watermelon	orange	Mixed Fruit	Cantaloupe	Sliced Bread
Milk	Milk	White Bread	Milk	Strawberry w/ Bananas
		Milk		Milk
	29	30	31	28
grill onions, red, green peppes Tacos	Quinoa w/ tomatoes and onion	Spaghetti marinara	Veggie Lo Mein	
w/ Cilantro and Onions	w/ Red Bell Peppers & Tomatoes	Tossed Salad/Dressing	Broccoli salad	
Yellow Rice w/ Vegetables	White Rice	Garlic bread	Dinner roll	
Corn salad	Tortilla	Fresh tropical fruit	Banana	
Cantaloupe	Banana	Skim Milk	Skim Milk	
Skim 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				
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May 2025				