

DECEMBER 2024

Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6
Chicken Lo Mein/Noodles w/ Green Peas Garlic Bread Mandarin	Roast Beef Mashed Potatoes w/ Gravy Carrots Dinner Roll Fresh Fruit Mix	Pork Quesadilla w/ Tomato & Lettuce Refried Beans Apple Slices	Chicken Soup w/ Carrots, Celery & Potatoes White Sliced Bread Grapes	Shrimp Fried Rice w/ Egg, Red Peppers & Peas Sauteed Zucchini w/ Tomatoes and Onion Dinner Roll Banana
9	10	11	12	13
Spaghetti with Meatballs Cesar Salad Garlic Bread Pineapple	Kung Pao Chicken with Veggies Green Peas with Butter Honey Wheat Bread Fruit Cocktail	Cream of Vegetables Soup Beef Milanese Baked Potato w/ sour cream Tortilla Apple Slices	Chicken Tinga Tostadas Lettuce, Tomato, Sour Cream Black Beans w/ Onion & Tomatoe Banana	Baked Pork Chop Mexican Rice Steamed Broccoli Dinner Roll Orange
16	17	18	19	20
Breaded Tilapia White Rice Grilled Zucchini Honey Wheat Bread Sliced Peaches in Syrup	Cuban Food Beef Ropa Vieja w/ Cilantro & Onions Refried Beans Steamed Carrots Nectarine	Cream of Broccoli Soup Carne Asada Green Peas w/ Butter Tortilla Pineapple	Chicken Enchiladas Shredded lettuce & tomatoes Yellow Rice Cucumber salad w/ cilantro & lime Banana	Baked Ham Mashed Potatoe & Gravy Steamed Corn Dinner Roll Apple Pie
23	24	25	26	27
CLOSED			Center Closed for Seniors	
30	31	1	2	3
Center Closed for Seniors				

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