

NOVEMBER 2024



*Calendar is subject to change without notice

OLIVIOR OLIVILIA			- Abda sasa (A)	
Monday	Tuesday	Wednesday	Thursday	Friday
		0.660.0		Shrimp Fried Rice
Hello November	Profits Vegetables Vegetables Vegetables		Remember to call before 9:30 to reserve your lunch 402-444-6529	w/ Egg, Red Peppers & Peas
				Cucumber Salad
				Dinner Roll/Margarine
Wovember				Banana
	Choose MyPlate gov			
4	5	6		7
Cream of Vegetables	BBQ pork Ribs	Breaded Tilapia	Al pastor Tacos	Mexican Pork Tamales
Beef Milanese	Mashed Potato	Rice w/ vegetables	w/ Cilantro and Onions	Pinto Beans
Baked Potato w/ sour cream	Grilled Squash	Green Beans Salad	Radish Salad	Pico de Gallo
White Sliced Bread	Dinner Roll/Margarine	Garlic bread	With Rice	Chips
Apple Slices	Pineapple	Mandarin	Apple Crisp	Orange Slices
11	12	13	1	
*****	Cuban Food Beef Ropa Vieja	Cream of Broccoli Soup	Pork Quesadillas	Kung Pao Chicken with Veggies
VETERANS	w/ Cilantro and Onions	Carne Asada	Shredded Lettuce & Tomatoes	Green Peas with Butter
	Yellow Rice w/ Vegetables	Spaghetti w/Butter	w/ Sour Cream & Fresh Cheese	Honey Wheat
* ★ DAY * *	Cucumber Salad w/ Tomatoes	Oatmeal Cookies with raisins	Refried Beans	Fruit Cocktail
	Grapes		Mandarin	
18	19	20	2	1
Baken Chicken	Pupusas W/ pork & cheese	Meatloaf	Creamy Lentil Soup	Teriyaki Chicken
Potatoes Au Gratin	Cabbage Salad	Macaroni and Cheese	W/ Shredded Chicken	w/ Broccoli
Corn Casserole	Black Beans w/ onions, tomato and cilantro	Steamed Green Beans	White Rice	Noodles
Dinner Rolls	Orange	Sliced Bread	Green Salad	Sauteed Sweet Corn w/ Red Pepper & Cilant
Mix Fruit		Apple Slices	Multigrain Bread	Mandarin
			Pineapple	
25	26	27	29	29
Baked Turkey	No activities Thanksgiving. Delivery meals.	Chicken Tinga Tostadas	Happy Thanksgiving	المراجع المالحات المراجع المرا
Mashed Potatoes and Gravy		Lettuce, Tomato,Sour Cream		
Stuffing		Refried Beans		BLACIE
Green Bean Casserole		Banana		FRIDA
Pumpkin Pie				della
	CLOSED			11 1=1=1=
	CLOSED		La Sera	

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