

Monday	Tuesday	Wednesday	Thursday	Friday
			1	2
			Pasta w/ Sauce	Veggie Lo Mein
			Garlic Bread	Sliced Bread
			Caesar Salad	Steamed Baby Carrots
			Orange Slices	Bananas w/ Cream
			Milk	Milk
5	6	7	8	9
Veggie Fajitas	Vegetable Soup	Sauteed Bell Peppers and Brocoli	Quesadilla	Veggie Stir Fry
White Rice	Steamed Brocoli	Lo Mein	Baked Potatoes w/ Sour Cream	Garlic Butter Rice
Tortilla	White Rice	Cucumber Salad	Wheat Bread	Garden Salad
Banana	Apple Slices	Honey Dew	Roasted Green Beans	Apple Slices
Milk	Milk	Milk	Grapes	Milk
			Milk	
12	13	14	15	16
Cheese Pizza	Veggie Wrap	Grilled Zucchini	Vegetable Noodle Soup	Garbanzo Beans
Caesar Salad	Potato Salad	White Rice	White Rice	With onions and tomatoes
Pineapple	Apple Slices	Buttered Corn	Green Sald	Green Salad
Brownie	Milk	Dinner Roll	Honey Dew	Sliced Bread
Milk		Watermelon	Milk	Peaches w/ Syrup
		Milk		Milk
19	20	21	22	23
Quinoa Stuffed Peppers	Grilled Cheese Sandwich	Veggie Stew	Fettuccine Alfredo	Veggie Kung Pao
Yellow Rice	Baked Green Beans w/ Onions	White Rice	Green Peas w/ Butter	White Rice
Sliced Bread	Chocolate Chip Cookie	Steamed Brocoli	Caesar Salad	Cucumber Salad w/ Cilantro & Lime
Watermelon	Orange Slices	Strawberries & Bananas w/ Syrup	Garlic Bread	Dinner Roll
Milk	Milk	Milk	Strawberries w/ Cream	Milk
			Milk	
26	27	28	29	30
<b>ISC CLOSED</b>	Garbanzo in stew with espinaca and cream	Macaroni & Cheese	Vegetable Noodle Soup	Veggie Stir Fry
	Yellow Rice	Dinner Roll	Wheat Bread	White Rice
	Steamed Corn	Garlic Herb Roasted Potatoes & Carrots	Garden Salad	Buttered Green Beans
	Banana	Honey Dew	Grape	Banana
	Milk	Milk	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

5545 Center Street Omaha, NE 68106

[www.interculturalseniorcenter.org](http://www.interculturalseniorcenter.org)

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