



September 2025

Monday	Tuesday	Wednesday	Thursday	Friday
1	2	3	4	5
	<b>Alfredo</b>	<b>Lo Mein w/ Veggies</b>	<b>Grilled cheese Sandwich</b>	<b>Cheese Pizza</b>
	<b>Roasted Brussels Sprouts</b>	<b>w/ Bell Peppers ,Onions, Cabbage &amp; Carrots</b>	<b>Baked Green Beans w/ Onions</b>	<b>Cesar Salad</b>
	<b>Italian Salad</b>	<b>Steamed Broccoli</b>	<b>Chocolate Chip Cookie</b>	<b>Carrots</b>
	<b>Garlic Bread</b>	<b>Cucumber Salad</b>	<b>Orange Slices</b>	<b>Grapes</b>
	<b>Grapes</b>	<b>Sliced Bread</b>	<b>Milk</b>	<b>Skim Milk</b>
<b>Skim Milk</b>		<b>Milk</b>		
8	9	10	11	12
<b>cheese Lasagna</b>	<b>Cheese &amp; Spenich Quesadilla</b>	<b>Stir fry vegetables</b>	<b>Jambalaya</b>	<b>Creamy Broccoli Pasta</b>
<b>Sweet Potato fries</b>	<b>w/ Tomatoe &amp; Lettuce</b>	<b>White Rice</b>	<b>Garden Salad</b>	<b>Roasted Green beans</b>
<b>White Bread</b>	<b>Refried Beans</b>	<b>Bok Choy Stir-Fry</b>	<b>Mixed Fruit</b>	<b>Potato and egg salad</b>
<b>Pineapple</b>	<b>corn salad</b>	<b>Sliced Apple</b>	<b>Bread Pudding</b>	<b>Melon</b>
<b>Skim Milk</b>	<b>Milk</b>	<b>Skim Milk</b>	<b>Skim Milk</b>	<b>Skim Milk</b>
15		17	18	19
<b>Burrito W/ Veggies</b>	<b>Sauteed brocoli &amp; Carrots</b>	<b>Smothered Pork Chop</b>	<b>Beef Millanesa</b>	<b>Veggie Wrap</b>
<b>Corn salad</b>	<b>White Rice</b>	<b>W/ Mushrooms &amp; Gravy</b>	<b>Green Peas w/ Butter</b>	<b>Potato chips</b>
<b>w/ Lime, cilantro &amp; Tomato</b>	<b>Corn in a cob</b>	<b>Baked Beans</b>	<b>French Fries</b>	<b>Orange</b>
<b>Strawberries</b>	<b>Cantaloupe</b>	<b>Grapes</b>	<b>Corn Tortillas</b>	<b>Apple juice</b>
<b>Skim Milk</b>	<b>Skim Milk</b>	<b>Skim Milk</b>	<b>Banana w/ Syrap</b>	
			<b>Skim Milk</b>	
22	23	24	25	26
<b>Veggie Wrap</b>	<b>Croissant Sandwich</b>	<b>Sauteed Zucchini &amp; bell peppers</b>	<b>Vegetarian stuffed cabbage rolls</b>	<b>Vegetable Chowder</b>
<b>baked potato w/ sour cream</b>	<b>w/ swiss cheese &amp; veggies</b>	<b>Mexican Rice</b>	<b>Chickpea salad w/ tomato, onion</b>	<b>Country Blend Veggies</b>
<b>Garlic bread</b>	<b>Scrambled Deviled egg salad</b>	<b>Ceaser Salad</b>	<b>And cilantro</b>	<b>Garlic Bread</b>
<b>Watermelon</b>	<b>Sliced Apple</b>	<b>Chocolate chips cookie</b>	<b>Grilled Squash</b>	<b>Ambrosia Salad</b>
<b>Skim Milk</b>	<b>Skim Milk</b>	<b>Skim Milk</b>	<b>Orange</b>	<b>Skim Milk</b>
			<b>Skim Milk</b>	
29	30			
<b>Quinoa</b>	<b>Quinoa</b>			
<b>w/ Cilantro &amp; Onion</b>	<b>Mashed potato w/ gravy</b>			
<b>Yellow Rice</b>	<b>dinner roll</b>			
<b>Steamed Corn</b>	<b>Vanilla Ice Cream</b>			
<b>Banana</b>	<b>Skim Milk</b>			
<b>Skim Milk</b>				



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)