

Eastern Nebraska Office on Aging Intercultural Senior Center Menus November 2018



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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1	2
Thán S	e sos Mue	at a c	Pork Lo Mein with	Chilaquiles in red sauce
Dia 0	e 105 2114e	rtos	Bean sprouts, shredded carrots	with shredded chicken,
	220		Grilled Zucchini	Cream and Fresh cheese
	0-800		Slice of bread	Refried Beans
35	9000		Pear	Cucumber Salad with tomato
	The state of the s		Skim milk	Pineapple
				Skim Milk
The	e Day of the Dea	5		
FESTIVE TRADI	ITIONAL ČELEBRATIÓN OF REME	MBRANCE		
5	6	7	8	9
Fish Tacos with Cabbage	Burritos Adobada	Vegatable Soup	Spaghetti in red sauce	Baked Chicken
White Rice	with Cilantro and Onions	with/carrots, potato, celery	with Ground Beef	White Rice
Pico de Gallo	Refried Beans	Chicken Milanesa	Caesar salad	Steamed Squash
w/Tomato,Cilantro, Onion, lime	Radish & Tomato Salad	Green Salad	Steamed Veggies	Chef Salad
Bake apples w/brown sugar	Banana	Corn Tortilla	Garlic Bread	Slice of Bread
Skim Milk	Skim milk	Rice Pudding w/ raisins	Canned Mixed Fruit	Grapes
		Skim Milk	Skim Milk	Skim Milk
12	13	14	15	16
	BBQ Pork Ribs	Pozole Soup with	Pork in Green Chile Sauce	Grilled Steak
	Macaroni and Chesse	Shredded Chicken, Hominy,	Spanish Rice	Baked Potato w/Sour Cream
VETERAN'S DAY	Coleslaw	Cabbage, Radishes,	Spinach Salad	and cheddar cheese
-	Steamed Corn With Butter	Onion, Cilantro, & Lemon	Steamed Cauliflower	Green peas with butter
	Bread	Corn Tostadas	Corn Tortilla	Slice of Bread
	Pineapple	Mixed Fruit	Jello w/ Peaches	Pears
	Skim Milk	Skim Milk	Skim Milk	Skim Milk
	CIAIII WIIIA	CKIITI WIIIK	CKIIII WIIIK	OKIITI WIIIK
19	20	21	22	23
		Dalead Tenters		
Shrimp Fried Rice	Chicken Tinga Tostadas	Baked Turkey		
Mixed Vegetables	Pinto Beans	Mashed Potatoes & Gravy	Thanksgiving	Thanksgiving
			Thanksgiving	Thanksgiving
Mixed Vegetables	Pinto Beans	Mashed Potatoes & Gravy	Thanksgiving Holiday	Thanksgiving Holiday
Mixed Vegetables Cucumber salad	Pinto Beans Lettuce, Pico de Gallo	Mashed Potatoes & Gravy Stuffing		
Mixed Vegetables Cucumber salad Slice of Bread	Pinto Beans Lettuce, Pico de Gallo Grilled Zucchini	Mashed Potatoes & Gravy Stuffing Green Beans		
Mixed Vegetables Cucumber salad Slice of Bread Peaches in syrup	Pinto Beans Lettuce, Pico de Gallo Grilled Zucchini Steam Carrots	Mashed Potatoes & Gravy Stuffing Green Beans Bread Bun	Holiday	Holiday
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