



Eastern Nebraska Office on Aging
Intercultural Senior Center Menus
November 2018



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1	2
			Pork Lo Mein with Bean sprouts, shredded carrots	Chilaquiles in red sauce with shredded chicken, Cream and Fresh cheese
			Grilled Zucchini	Refried Beans
			Slice of bread	Cucumber Salad with tomato
			Pear	Pineapple
			Skim milk	Skim Milk
5	6	7	8	9
Fish Tacos with Cabbage White Rice Pico de Gallo w/Tomato, Cilantro, Onion, lime	Burritos Adobada with Cilantro and Onions Refried Beans Radish & Tomato Salad	Vegetable Soup with carrots, potato, celery Chicken Milanese Green Salad Corn Tortilla	Spaghetti in red sauce with Ground Beef Caesar salad Steamed Veggies Garlic Bread Canned Mixed Fruit Skim Milk	Baked Chicken White Rice Steamed Squash Chef Salad Slice of Bread Grapes Skim Milk
Bake apples w/brown sugar Skim Milk	Banana Skim milk	Rice Pudding w/ raisins Skim Milk		
12	13	14	15	16
VETERAN'S DAY	BBQ Pork Ribs Macaroni and Chesse Coleslaw Steamed Corn With Butter Bread Pineapple Skim Milk	Pozole Soup with Shredded Chicken, Hominy, Cabbage, Radishes, Onion, Cilantro, & Lemon Corn Tostadas Mixed Fruit Skim Milk	Pork in Green Chile Sauce Spanish Rice Spinach Salad Steamed Cauliflower Corn Tortilla Jello w/ Peaches Skim Milk	Grilled Steak Baked Potato w/Sour Cream and cheddar cheese Green peas with butter Slice of Bread Pears Skim Milk
19	20	21	22	23
Shrimp Fried Rice Mixed Vegetables Cucumber salad Slice of Bread Peaches in syrup Skim milk	Chicken Tinga Tostadas Pinto Beans Lettuce, Pico de Gallo Grilled Zucchini Steam Carrots Apple Slices Skim Milk	Baked Turkey Mashed Potatoes & Gravy Stuffing Green Beans Bread Bun Pumpkin Pie Skim Milk	Thanksgiving Holiday Center Closed	Thanksgiving Holiday Center Closed
26	27	28	29	30
Beef Soup With Potatoes, Carrots, Squash and corn White rice Orange Corn tortilla Skim milk	Pork In Red Salsa Yellow rice Steamed green beans Corn Tortillas Kiwis Skim Milk	Creamy Chipotle Chicken Spaghetti in cream Grilled Squash Corn with Butter Pineapple Skim Milk	Breaded Tilapia Cilantro Lime Rice Cubes of Sweet Potatoes Steamed carrots Slice of Bread Jello with fruit Skim Milk	Lasagna with Hamburger and Tomato Sauce Caesar salad Garlic Bread Vanilla Ice cream W/ Strawberries Skim milk
THIS MENU IS SUBJECT TO CHANGE				
FOR QUESTIONS & RESERVATIONS CALL US AT: (402) 444 - 6529 / (402) 933 - 2643				