



Eastern Nebraska Office on Aging
Intercultural Senior Center Menus
January 2019



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1	2	3	4
	Holiday	BBQ Pork Ribs Macaroni and Cheese	Chili Beans w/ Hamburger & Cheddar Cheese	Orange Chicken Fried Rice
	Center Closed	Baked Potato Garden Salad	Steamed Vegetables Saltine Crackers	Cauliflower Salad Mixed Vegetables
		Slice of Bread Cherry Pie	Apple Skim Milk	Slice of Bread Sliced Pear
		Skim Milk		Skim Milk
7	8	9	10	11
Chicken Wraps With Lettuce, Tomato Cheese, and Onion	Pinto Beans Chorizo & Cheese Gordita Green Salad	Fried Chicken French Fries Coleslaw Salad	Beef Tacos Yellow Rice Pico de Gallo	Lentil Soup with Shredded Chicken Steamed Squash
Steamed Carrots Orange	Steamed Cauliflower Mixed Fruit	Buttered Corn Pineapple	Cucumber & Tomato Salad Cherry Pie	Buttered Green Beans Corn Tortillas
Skim Milk	Skim Milk	Slice of Bread Skim Milk	Skim Milk	Jello w/ Pineapple Skim Milk
14	15	16	17	18
Pork in Red Sauce Pinto Beans Grilled Veggies Green Peas Corn Tortilla Jello w/ Peaches Skim Milk	Chicken Tostadas with Refried Beans Lettuce, Pico de Gallo Grilled Zucchini Corn Tostadas Rice Pudding w/ Raisins Skim Milk	Vegetable Soup Breaded Tilapia Steam Broccoli Slice of Bread Grapes Skim Milk	Chicken Fajitas Spanish Rice Fresh Salad Buttered Carrots Corn Tortillas Canned Peaches Skim Milk	Grilled Fish White Rice Steamed Broccoli Steamed Cauliflower Slice of Bread Apple Pie Skim Milk
21	22	23	24	25
Holiday	Pizza w/ Veggies Cheese/Hamburger	Soft Chicken Tacos with cilantro and onions	2 Pork Pupusas w/ beans and mozzarella cheese	Beef Birria White Rice
Martin Luther King Jr	Potato Wedges Garden Salad Buttered Corn	Grilled Carrots Grilled Squash Baked Apple w/Brown Sugar	Cabbage Salad Cauliflower Salad Fried Banana	Black Bean Salad Corn Tortilla Mixed Fruit
Center Closed	Peaches in Syrup Skim Milk	Skim Milk	Skim Milk	Skim Milk
28	29	30	31	
Pork Stew Yellow Rice Grilled Veggies Broccoli Salad Corn Tortilla Banana Pudding Skim Milk	Beef Stew w/ vegetables White Rice Buttered Green Beans Buttered Corn Corn Tortilla Mixed Fruit Skim Milk	Chilaquiles in Red Sauce with shredded chicken, and cream & fresh cheese Pinto beans Green Salad Grilled Zucchini Pear Skim Milk	Beef Milanese Mashed Potatoes Buttered Carrots Green Beans Corn Tortilla Pineapple Skim Milk	
THIS MENU IS SUBJECT TO CHANGE				
FOR QUESTIONS & RESERVATIONS CALL US AT: (402) 444 - 6529 / (402) 933 - 2643				