



Eastern Nebraska Office on Aging
Intercultural Community Center Menus
April 2019



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	2	3	4	5
Albondiga Soup (beef)	Cilantro Lime Chicken	Pork w/ Mushroom Sauce	Ham and Chesse Sandwich	Shrimp Alfredo Fettuccine
White rice	White Rice	White rice	French Fries	Mixed green salad
Broccoli Salad	Grilled Zucchini	Steam Broccoli	Mixed Veggies	with Tomatos, cucumber,
Green Peas	Corn with Butter	Green Beans Salad	Pasta Salad	with Peas
Corn Tortilla	Corn Tortillas	Corn Tortillas	Pineapple	Garlic Bread
Watermelon	Strawberries	Apple	Skim Milk	Grapes
Skim Milk	Skim Milk	Skim Milk		Skim Milk
8	9	10	11	12
Vegatable Soup	Carne Asada	Chiken mole	Spaghetti w/Ground Beef	Breaded Catfish
Grilled Chicken	Yellow Rice	Spanish Rice	Mixed Green Salad	French Fries
Spanish Rice	Pico de Gallo	Mix vegetable	With Tomatoes,Cucumber	Green Salad
Steam Cauliflower	Grilled Squash	Garden Salad	Green Beans	Buttered Corn
Corn Tortilla	Corn Tortilla	Corn tortilla	Garlic Bread	Sliced of Bread
Mango	Melon	Peaches	Jello w/Peaches	Apple Juice
Skim Milk	Skim Milk	Skim milk	Skim Milk	Skim Milk
15	16	17	18	19
2 Pupusas w/Pork	Beef Birria	Chilaquiles in red sauce	Beef Soup	Grilled Fish
Pinto Beans	White Rice w/Veggies	with shredded chicken,	With Carrots, Potato	White Rice
Spinich Salad	Steam Carrots and Peas	Cream and fresh cheese	Squash & Corn Salad	Steam Broccoli
Pico de Gallo	Corn Tortilla	Pinto beans	White Rice	Steam Carrots
Orange	Pineapple	Green Salad	Cantaloupe	Slice of Bread
Skim Milk	Skim Milk	Grilled Zucchini	Corn Tortillas	Watermelon
		Mixed Fruit	Skim Milk	Skim Milk
		Skim Milk		
22	23	24	25	26
Chicken Fajitas	Spaghetti and Meetballs	Tomato Noddle Soup	Grilled Pork Chops	Turkey Torta with
Spanish Rice	Ceaser Salad	Chicken and Cheese Quesadilla	Yellow Rice	Lettuce, Tomato, Onion
Spinach Salad with Tomato	Grilled Squash	Pico de Gallo	Steam Asparagus	and Avocado
Steam Cauliflower	Orange	Chef Salad	Fresh Carrots	French Fries
Corn Tortilla	Buttered Bread	Grapes	Corn Tortilla	Banana
Apple	Skim Milk	Skim Milk	Strawberries in Cream	Skim Milk
Skim Milk			Skim Milk	
29	30			
Pork in Red Sauce	Lasagna w/Hamburger			
Pinto Beans	Beef and Tomato Sauce			
Cucumber tomato	Green Salad			
Onion salad	Steam Green Beans			
Corn Tortilla	Garlic Bread Sticks			
Peaches	Mango			
Skim Milk	Skim Milk			



Happy Easter!



THIS MENU IS SUBJECT TO CHANGE

FOR QUESTIONS & RESERVATIONS CALL US AT: (402) 444 - 6529 / (402) 933 - 2643