



**Eastern Nebraska Office on Aging
Intercultural Community Center Menus
May 2019**



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1	2	3
		Sweet and Sour Chicken	Cream of Broccoli Soup	Ground Beef Enchiladas
		Fried Rice	2 Chicken Tacos	with Cheddar Chesse,
		Mixed Vegetables	Avacado & Tomato Salad	Sour Cream
		Cauliflower Salad	Green Salad	Refried Pinto Beans
		Slice of Bread	Orange	Spanish Rice with/Vegetables
		Cantalope	Skim Milk	Cucumber Salad
		Skim Milk		Watermelon
				Skim Milk
6	7	8	9	10
Chicken Parmesan	Carne Asada	Chilaquiles in red sauce	Fried Pork Chop	Beef Fajitas
With Pasta and	Yellow Rice	with shredded chicken,	Mashed Potato w/Gravy	w/Bell Peppers & Onion
Tomato Sauce	Pico de Gallo	Cream and fresh cheese	Green Beans	Yellow Rice
Steamed Carrots	Grilled Zucchini	Pinto beans	Steam Corn	Garden Salad
Green Peas	Corn Tortillas	Green Salad	Slice of Bread	Corn Tortilla
Garlic Bread	Grapes	Grilled Squash	Orange Juice	Strawberries
Green Melon	Skim Milk	Pear	Skim Milk	Skim Milk
Skim Milk		Skim Milk		
13	14	15	16	17
2 Pork/Chesse Pupusa	Grilled Tilapia	Tomatoe Soup	Chorizo & Chesse Gordita	Pork in Red Sauce
Pinto Beans	Cilantro Lime Rice	Chicken Milanesa	Black Beans	Refried Beans
Summer Corn Salad	Cabbage Salad	White Rice	Meican Squash Salad	Broccoli Salad
Spinach Salas	Grilled Zucchini	Garden Salad	Pico de Gallo	Steam Cauliflower
Orange	Sliced of Bread	Pineapple	Banana	Corn Tortillas
Skim Milk	Strawberries	Skim Milk	Skim Milk	Cantalope
	Skim Milk			Skim Milk
20	21	22	23	24
Fish Tacos w/Flour Tortilla	Beef Milanesa	Cilantro Lime Chicken	Beef Hamburger	Cream Of Potato Soup
White Rice	Mash Potato and Gravy	White Rice	w/Tomato,Lettuce,Onion	Chicken Flautas
Cabbage Salad	Cucumber	Beets Salad	Hamburger Bun	Shredded Luttuce,Tomato
Limes	Fresh Salad w/Tomato	Corn with Butter	Curly Fries	and Onions
Pico de Gallo	Sliced of Bread	Corn Tortillas	Sliced Pickle	Pinto Beans
Watermelon	Can Mixed Fruit	Fresh Peaches	Mandarines	Summer Squash
Skim Milk	Skim Milk	Skim Milk	Skim Milk	Mango
				Skim Milk
27	28	29	30	31
	Breadded Catfish	Vegetable Soup	Beef and Broccoli	Ham Torta with
	Cilantro Lime Rice	Grilled Chicken	Yellow Rice	Lettuce,Tomato,Onion
	Green Salad	Ceaser Salad	Spinich Salad	and Avocado
	Steam Carrots	Corn Tortilla	Steam Mixed Veggies	Potato Chips
	Slice of Bread	Green Melon	Slice of Bread	Baby Carrots
	Orange	Skim Milk	Jello w/Strawberries	Clementines
	Skim Milk		Skim Milk	Skim Milk
THIS MENU IS SUBJECT TO CHANGE				
FOR QUESTIONS & RESERVATIONS CALL US AT: (402) 444 - 6529 / (402) 933 - 2643				