



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



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
31					
					Baked chicken
					Mashed potato
					String green bean
					Slice bread
					Banana
					Skim milk
3					
4					
Meatlof in Gravy	Cream of broccoli soup	Stuffed manicotti	Cheese Enchiladas	Chicken milanese	
Ranch mashed Potatoes	2 chicken flautas	With beef and vegetables	Shredded lettuces, tomato & Onions	Mashed potatoes	
Green Beans	With red sauce and	Spinach & cucumber salad	White rice	Steam carrots	
Sougrdoug Rol	Fresh cheese	Bread sticks	Refried Brean	Corn tortilla	
Strawberries	Avacado and tomato salad	Orange	Jello with fruit	Watermelon	
Skim milk	Mixed berries	Skim milk	Skim milk	Skim milk	
	Skim milk				
10					
11					
Chinese fry rice	Pork chops	Tortilla soup with veggies	Ball Park Bratwurst	Tilapia fish	
With chicken,egg and peas	Baked potatoes	Beef and cheese gordita	Shredded Saurekraut	Scollogped potatoes	
Broccoli salad	Green peas with butter	Steam broccoli	Cheesey Hash Browns	Steam squash	
Sliced bread	Slice of bread	Green grapes	on a Hougie Bun	Corn tortillas	
tangerine	Melon	Skim milk	Watermolon	Banana	
Skim milk	Skim milk		Skim milk	Skim milk	
17					
18					
Lemon asparagus chicken	Beef soft tacos	Sweet and Sour chicken	Albondiga soup (beef)	Beef stew	
Pasta	Pico de gallo	Fried rice	W/ carrots & green beans	Potato salad	
Summer corn salad	Avocado salad	Mix vegetables	Yellow rice	Steam carrots	
Sliced bread	Yellow rice	Green beans salad	Slice cucumber salad	dinner Roll	
peaches in syrup	Melon	Garlic bread	Corn tortilla	Cantaloupe	
Skim milk	Skim milk	Kiwies	Orange	Skim milk	
		Skim milk	Skim mlík		
24					
25					
Chicken in cream	Baked potato	Beef broccoli /vegetables	Fried chicken	Veggies Soup	
White rice	With sausage, broccoli	White rice	Seasoned cube potato	Beef flautas	
Green beans	And melted cheese	Spinach salad	Brussel sprouts	shredded lettuce tomato & onions	
Beet salad	Slice of bread	Corn tortilla	Slice bread	Yellow rice	
Corn tortilla	Cucumber & tomato salad	Watermelon	Strawberries	Slice Apples	
Mixed friut	Grapes	Skim milk	Skim milk	Skim milk	
Skim milk	Skim milk				
THIS MENU IS SUBJECT TO CHANGE					
FOR QUESTIONS & RESERVATIONS CALL US AT: (402) 444 - 6529 / (402) 933 - 2643					