



Eastern Nebraska Office on Aging
Intercultural Senior Center Menu
August 2019



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1	2
			Corn Soup	
			Shredded beef flautas	STAFF
			Shredded lettuce and tomato with Sour cream	
			Watermelon	
			Skim milk	TRAINING
5	6	7	8	9
Shrimp Alfredo Fettuccine	Grilled Chicken	Tomato Noddle Soup	Pork Lo Mein with	Turkey & cheese
Mixed green salad	Mashed Potatoes w/gravy	Beef Milanese	Steam veggies(carrots,	on whole bread
with Tomatos, cucumber,	Grilled Squash and Carrots	Yellow Rice	(carrots, broccoli. Cauliflower)	Slice tomatoe an lettuce
with Peas	Fresh mixed fruits	Shredded carrot Salad	Grilled Zucchini	Slice cucumbers
Garlic Bread	Slice of Bread	Banana	Slice of bread	Tropical fuit mix (cup)
Grapes	Skim milk	Corn Tortilla	Kiwies	Skim milk (water)
Skim Milk		Skim milk	Skim milk	
12	13	14	15	16
Grilled Steak	Chilli bean with	Chicken Parmesan	Lasagna with Hamburger	Carrot Soup
With the potato/sour cream	Hamburger Meat	With Pasta and	Beef and tomato Sauce	Baked Pork Chop
tomatoes, onions and	with Cheddar Chesse	Tomato Sauce	Green Salad	Corn salad w/ red peppers
cucumbers salad	Steam green peas	Steamed Carrots	Garlic Bread	Corn tortillas
Pineapple	Saltine Crackers	Dinner Roll	Green Melon	Peaches
Corn Tortilla	Melon	Mixed Fruit	Skim milk	Skim milk
Skim milk	Skim milk	Skim milk		
19	20	21	22	23
Asada Tacos	Chicken Enchiladas	Beef Stew w/vegetables	Center	Beef Fajitas
With Tomatoe Cilantro and Onions	with Green tomato sauce	White Rice		with Bell Peppers & Tomato
Cucumber and radishes salad	sour cream & fresh chesse	Butter Green Beans	Closed	Yellow Rice
Yellow Rice	Steam Green Peas	Corn Tortillas		Garden Salad
Watermelon	Banana	Orange	Fundraiser	Corn Tortillas
Skim milk	Skim milk	Skim milk		Vanilla Ice cream
				with slices of strawberries
				Skim milk
26	27	28	29	30
Burritos Adobada	Chicken and broccoli	2 slices of Pizza	Grilled Fish	Black Bean Soup
w/rice, beans, cilantro and	Fried Rice	Cheese/hamburger o	Spanish rice w/carrots	Chicken Milanese
Onions	Mixed Veggies	Veggies with onions	Summer corn Salad	Spinach Salad
Brussels Salad	Slice of Bread	peppers, mushroom	Sliced bread	Corn tortilla
Pears	Melon	Cesar Salad	Watermelon	Mix Fruit
Skim milk	Skim milk	Chocolate chips ice cream	Skim milk	Skim milk
		With slices of strawberries		
		Skim milk		
THIS MENU IS SUBJECT TO CHANGE				
FOR QUESTIONS & RESERVATIONS CALL US AT: (402) 444 - 6529				

