



Intercultural Senior Center Menu September 2019



MONDAY 2	TUESDAY 3	WEDNESDAY 4	THURSDAY 5	FRIDAY 6
	Beef soup	Chinese fry rice	Hot dog bun	Fried Pork chops
	With Potatoes, Carrots,	With chicken, egg and peas	Cole Slaw salad	Mash Potatoes
	Squash and corn	Broccoli salad	French Fries	Green Beans
	White rice	Sliced bread	Watermelon	Sliced of Bread
	Pineapple	Orange	Skim Milk	Banana
	Corn tortilla	Skim milk		Skim milk
	Skim milk			
9	10	11	12	13
Sweet Sour chicken W broccoli	Grilled ham and cheese	Soft Beef Tacos	BBQ Pork Ribs	Lentin Soup
Fried rice	sandwich	Spanish Rice	Macarroni and Chesse	With Shredded Chicken
Mix vegetables	French fries	Pico de Gallo	Green beans salad	Steam Squash
slice of bread	Carrots	Cucumber and Tomato	Steam Corn	Sliced of Bread
Watermelon	Cut Straberries	Salad	Roll with butter	Cataloupe
Skim milk	Skim milk	Banana	Pineapple	Skim milk
		Skim Milk	Skim Milk	
16	17	18	19	20
Chicken & Beef Fajitas	Chichen Tinga Tostadas	Breaded Tilapia	2 slices of Pizza	Chicken enchiladas
Yellow rice	Lettuce, Pico de Gallo	Scalloped Potatoes	Cheese/hamburger o	Shredded lettuces & tomatoes
tomatoes salad	Refried Beans	Slice of bread	Veggies with onions	green peas with butter
Slice cucumbers	Cantelope	Carrots Shredded salad	peppers, mushroom	Yellow Rice
Melon	Skim milk	Grapes	Cesar Salad	Yello-O with fruit
Skim milk		Skim milk	Ice cream with	Skim milk
			Slices of strawberries	
			Skim milk	
23	24	25	26	27
Ropa vieja (cuban food)	Teriyaki chicken W broccoli	cheese quesadillas	Beef Ravioli/red sauce	Shrimp Fried Rice
With potatoes & carrots	with green & red pepers	Shredded lettuces & toma	Parmesan cheese	Corn & red peppers
White rice	Noodle	Sour Cream & fresh cheese	Ceasar Salad	Cucumber salar
Spinach salad	Carrot and pea salad	Refried beans	Garlic Bread	Slice of bread
Corn tortilla	Sliced bread	Nectarine	Watermelon	Peaches in Syrup
Orange	Banana	Skim Milk	Skim Milk	Skim milk
Skim milk	Skim milk			
30				
Carrot Soup				
Grilled Chicken				
Mashed potatoes				
Bread				
Fruit Cocktail				
Skim milk				
THIS MENU IS SUBJECT TO CHANGE				
FOR QUESTIONS & RESERVATIONS CALL US AT: (402) 444 - 6529				