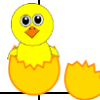


Eastern Nebraska Office on Aging Congregate Menu

April 2017

Monday 4/3/2017	Tuesday 4/4/2017	Wednesday 4/5/2017	Thursday 4/6/2017	Friday 4/7/2017
King Ranch Chicken Casserole Baked Potato/Sour Cream Green Beans* Wheat Roll/Margarine Peaches 1% or Skim Milk	Meatloaf w/ Brown Gravy Whipped Potatoes Broccoli* Wheat Bread/Margarine Fresh Fruit 1% or Skim Milk	Pork with Supreme Sauce Baked Sweet Potato Mixed Vegetables* Dinner Roll/Margarine Peanut Butter Cookie or Diet Cookies 1% or Skim Milk	Bierock Casserole Baby Carrots Harvard Beets Pineapple Tidbits 1% or Skim Milk	Potato Crusted Fish* w/ Tartar Sauce Au Gratin Potatoes Green Peas* Multi Grain Bread/Marg. Brownie or Diet Cookies 1% or Skim Milk
Monday 4/10/2017	Tuesday 4/11/2017	Wednesday 4/12/2017	Thursday 4/13/2017	Friday 4/14/2017
Country Fried Steak* w/ Country Gravy Mashed Red Potatoes Succotash* Biscuit/Margarine Fresh Fruit 1% or Skim Milk	Chicken & Dumplings Garlic Cream Spinach Sliced Carrots* Cornbread Muffin/Margarine Chocolate Swirl Pudding or Diet Pudding 1% or Skim Milk	Roast Beef w/ Brown Gravy Whipped Potatoes Broccoli with Cheese Sauce* Wheat Roll/Margarine Easter Cake or Plain Cake 1% or Skim Milk Happy Easter	Fiesta Chicken Fiesta Rice Fiesta Vegetables* Wheat Bread/Margarine Mandarin Oranges 1% or Skim Milk	10 Grain Pollock* w/ Tartar Sauce Cheesy Whipped Potatoes Mixed Vegetables* Wheat Roll/Margarine Applesauce 1% or Skim Milk
Monday 4/17/2017	Tuesday 4/18/2017	Wednesday 4/19/2017	Thursday 4/20/2017	Friday 4/21/2017
Roast Pork with Gravy Whipped Potatoes Brussels Sprouts* Wheat Roll/Margarine Vanilla Pudding or Diet Pudding 1% or Skim Milk	Soft Shell Beef Taco* w/ Shredded Cheese Lettuce & Tomato Sour Cream/Taco Sauce Mexican Rice Mixed Beans Sugar Cookie or Diet Cookies 1% or Skim Milk	Savory Apricot Chicken Macaroni & Cheese Tossed Salad/Dressing Wheat Bread/Margarine Warm Lemon Cake or Peaches 1% or Skim Milk	Glazed Ham* Scalloped Potatoes Mixed Vegetables* Wheat Roll/Margarine Ambrosia Salad or Fruit Cocktail 1% or Skim Milk	Cheeseburger* on a Bun w/ Lettuce & Tomato Baked Beans Whole Kernel Corn* Sliced Pears 1% or Skim Milk
Monday 4/24/2017	Tuesday 4/25/2017	Wednesday 4/26/2017	Thursday 4/27/2017	Friday 4/28/2017
Swedish Meatballs Bow Tie Pasta* Broccoli* Wheat Roll/Margarine Chocolate Chip Cookie or Diet Cookies 1% or Skim Milk	Breaded Pollock* on a Bun w/ Tartar Sauce Potato Wedges* Harvard Beets Fresh Fruit 1% or Skim Milk	Polish Sausage* w/ Sauerkraut Red Potatoes Baby Carrots Dinner Roll/Margarine Butterscotch Pudding or Diet Pudding 1% or Skim Milk	Swiss Steak Baked Sweet Potato Garlic Cream Spinach Cornbread Muffin/Margarine Applesauce 1% or Skim Milk	Turkey Breast w/ Turkey Gravy Whipped Potatoes Green Peas* Wheat Bread/Margarine Tropical Fruit 1% or Skim Milk



Menus may be subject to change



* Items to be heated or microwaved at the centers

