

**Eastern Nebraska Office on Aging  
Congregate Menu  
August 2017**

|  | <b>Tuesday<br/>8/1/2017</b>   | <b>Wednesday<br/>8/2/2017</b>   | <b>Thursday<br/>8/3/2017</b>   | <b>Friday<br/>8/4/2017</b>  |
|--|---|---|--|---|
|  <p>* Items to be heated or microwaved at the centers</p>         | BBQ Pork Rib Patty on a Hamburger Bun<br>BBQ Baked Beans<br>Potato Salad<br>Fruit Cake or Plain White Cake<br>1% or Skim Milk   | Mexican Tortilla, Beef & Rice Casserole<br>Green & Gold Beans*<br>Piccolo Lettuce Salad w/ Salad Dressing<br>Dinner Roll/Marg<br>Pear Slices<br>1% or Skim Milk       | Baked Cod Loin in Citrus Cream Sauce<br>Twice Baked Mashed Potatoes<br>Garden Blend Vegetables*<br>Rye Bread/Marg<br>Mandarin Oranges<br>1% or Skim Milk | Meatball Marinara Sub Sandwich on a Coney Bun<br>Potato Wedges*<br>Italian Vegetables*<br>Lemon Bar or Diet Cookies<br>1% or Skim Milk                                    |
| <b>Monday<br/>8/7/2017</b>   | <b>Tuesday<br/>8/8/2017</b>   | <b>Wednesday<br/>8/9/2017</b>   | <b>Thursday<br/>8/10/2017</b>  | <b>Friday<br/>8/11/2017</b>   |
| Creamy Italian Chicken & Tri-Color Pasta Bake<br>Green Beans*<br>Zucchini & Tomatoes Italian Roll/Margarine<br>Tropical Fruit<br>1% or Skim Milk   | Teriyaki Meatballs over Brown Rice Pilaf<br>Japanese Blend Vegetables*<br>Diced Carrots<br>Vienna Bread/Margarine<br>Fortune Cookie<br>Plum Halves<br>1% or Skim Milk | Oven Roasted Pork Loin/Gravy<br>Sweet Potato Mash<br>Creamed Spinach<br>Cinnamon Raisin Bread/Marg.<br>Decorated Birthday Cake or Plain White Cake<br>1% or Skim Milk | Chicken Marsala<br>Garlic Whip Potatoes<br>Corn Cobette<br>Breadstick/Marg.<br>Emerald Pears<br>1% or Skim Milk  | Tuna Egg Noodle Casserole<br>Green Peas*<br>Tossed Salad/Dressing<br>Wheat Dinner Roll/Marg<br>Cinnamon Applesauce<br>1% or Skim Milk                                     |
| <b>Monday<br/>8/14/2017</b>  | <b>Tuesday<br/>8/15/2017</b>  | <b>Wednesday<br/>8/16/2017</b>  | <b>Thursday<br/>8/17/2017</b>  | <b>Friday<br/>8/18/2017</b>   |
| Open-Faced Roast Beef Sandwich over Wheat Bread<br>Herb Roasted Baby Reds<br>Glazed Beets<br>Sliced Apricots<br>1% or Skim Milk                    | Cheeseburger* on a Wheat Hamburger Bun w/ Shred Lettuce & Tomato<br>Potato Wedges*<br>Italian Vegetables<br>Fruit Cocktail<br>1% or Skim Milk                         | Baked Pit Ham*<br>Baked Potato w/Sour Crm<br>Capri Vegetable Blend*<br>Wheat Bread/Marg<br>Fresh Fruit<br>1% or Skim Milk   | Diced Turkey & Gravy over Mashed Potatoes<br>Mixed Vegetables*<br>Marble Rye Bread/Marg<br>Peanut Butter Cookie or Diet Cookies<br>1% or Skim Milk       | Southwest Chicken Chili<br>Chuckwagon Corn*<br>Chopped Salad/Dressing<br>Cornbread/Margarine<br>Honey<br>Cherry Cobbler or Sliced Peaches<br>1% or Skim Milk              |
| <b>Monday<br/>8/21/2017</b>  | <b>Tuesday<br/>8/22/2017</b>  | <b>Wednesday<br/>8/23/2017</b>  | <b>Thursday<br/>8/24/2017</b>  | <b>Friday<br/>8/25/2017</b>   |
| Beef & Country Potato Casserole<br>Creamy Succotash<br>Green Beans*<br>Dinner Roll/Marg<br>Pineapple Tidbits<br>1% or Skim Milk                    | Chicken Sloppy Joe on a Wheat Hamburger Bun<br>Scalloped Potatoes<br>Coleslaw<br>Fresh Fruit<br>1% or Skim Milk   | Meatballs with Stroganoff Gravy over Brown Rice<br>Oregon Blend Vegetables*<br>Pumpernickle Bread/Marg<br>Strawberry Shortcake or Plain White Cake<br>1% or Skim Milk | Cheesy Chicken & Rice Casserole<br>Broccoli*<br>Harvard Beets<br>Honey Wheat Bread/Marg<br>Hot Cinnamon Apples<br>1% or Skim Milk                        | Potato Crunch Fish Filet* w/ Tarter Sauce<br>Cheesy Hashbrowns<br>Country Blend Vegetables*<br>Breadstick/Marg<br>Butterscotch Pudding or Diet Pudding<br>1% or Skim Milk |
| <b>Monday<br/>8/28/2017</b>  | <b>Tuesday<br/>8/29/2017</b>  | <b>Wednesday<br/>8/30/2017</b>  | <b>Thursday<br/>8/31/2017</b>  |   |
| Oven Roasted Turkey w/ Turkey Gravy<br>Herb Mashed Potatoes<br>Sliced Carrots*<br>Wheatberry Roll/Marg<br>Strawberry Applesauce<br>1% or Skim Milk | Pork Chop Fritter*<br>Baked Sweet Potato<br>Broccoli & Cauliflower*<br>Dinner Roll/Marg<br>Pear Slices<br>1% or Skim Milk   | Hearty Beef Stew with Mixed Vegetables<br>Chef Mike's Bean Salad<br>Jumbo Biscuit/Marg<br>Diced Peaches<br>1% or Skim Milk  | Liver & Onions<br>Au Gratin Potatoes<br>Brussels Sprouts*<br>Wheat Bread/Marg<br>Jello Poke Cake or Diet Jello Cake<br>1% or Skim Milk                   |    |

Menus may be subject to change