

# Eastern Nebraska Office on Aging

## Meals on Wheels Menu

**August 2017**

	<b>Tuesday 8/1/2017</b>	<b>Wednesday 8/2/2017</b>	<b>Thursday 8/3/2017</b>	<b>Friday 8/4/2017</b>
	BBQ Pork Rib Patty BBQ Baked Beans Corn Hamburger Bun Fruit Cake 1% Milk	Mexican Tortilla, Beef & Rice Casserole Green & Gold Beans Cauliflower Dinner Roll/Marg Pear Slices 1% Milk	Baked Cod Loin in Citrus Cream Sauce Twice Bkd Mashed Pot. Garden Blend Veg. Rye Bread/Marg Mandarin Oranges 1% Milk	Meatballs Marinara Potato Wedges Italian Vegetables Coney Bun Lemon Bar 1% Milk
<b>Monday 8/7/2017</b>	<b>Tuesday 8/8/2017</b>	<b>Wednesday 8/9/2017</b>	<b>Thursday 8/10/2017</b>	<b>Friday 8/11/2017</b>
Creamy Italian Chicken & Tri-Color Pasta Green Beans Zuchinni & Tomatoes Italian Roll/Margarine Tropical Fruit 1% Milk	Teriyaki Meatballs over Brown Rice Pilaf Japanese Blend Veg. Diced Carrots Vienna Bread/Margarine Fortune Cookie Plum Halves 1% Milk	Oven Roast Pork Loin/Gravy Sweet Potato Mash Creamed Spinach Cinn. Raisin Bread/Marg. Birthday Cake 1% Milk	Chicken Marsala Garlic Whip Potatoes Whole Corn Kernels Breadstick/Marg. Emerald Pears 1% Milk	Tuna Egg Noodle Cass Green Peas Cinnamon Applesauce Wheat Dinner Roll/Marg Tossed Salad/Dressing 1% Milk
<b>Monday 8/14/2017</b>	<b>Tuesday 8/15/2017</b>	<b>Wednesday 8/16/2017</b>	<b>Thursday 8/17/2017</b>	<b>Friday 8/18/2017</b>
Sliced Roast Beef/Gravy Herb Roast Baby Red Glazed Beets Vienna Bread Sliced Apricots 1% Milk	Hamburger Potato Wedges Italian Vegetables Wheat Hamburger Bun Shred Lettuce & Tomato Fruit Cocktail 1% Milk	Baked Pit Ham 1/2 Baked Potato Capri Vegetable Blend Wheat Bread/Marg Fresh Fruit Sour Cream 1% Milk	Diced Turkey & Gravy Mashed Potatoes Mixed Vegetables Marble Rye Bread/Marg Peanut Butter Cookie 1% Milk	Southwest Chicken Chili Chuckwagon Corn Cherry Cobbler Chopped Salad/Dressing Cornbread/Margarine 1% Milk
<b>Monday 8/21/2017</b>	<b>Tuesday 8/22/2017</b>	<b>Wednesday 8/23/2017</b>	<b>Thursday 8/24/2017</b>	<b>Friday 8/25/2017</b>
Beef & Country Potato Creamy Succotash Green Beans Dinner Roll/Marg Pineapple Tidbits 1% Milk	Chicken Sloppy Joe Scalloped Potatoes Green Peas Wheat Hamburger Bun Fresh Fruit 1% Milk	Meatballs & Stroganoff Gravy Brown Rice Oregon Blend Veg. Pumpernickle/Marg Strawberry Shortcake 1% Milk	Cheesy Chicken & Rice Broccoli Harvard Beets Cinnamon Apples Honey Wheat/Marg 1% Milk	Potato Crunch Fish Filet Cheesy Hashbrowns Country Blend Vegetable Breadstick/Marg Butterscotch Pudding Tartar Sauce 1% Milk
<b>Monday 8/28/2017</b>	<b>Tuesday 8/29/2017</b>	<b>Wednesday 8/30/2017</b>	<b>Thursday 8/31/2017</b>	
Oven Roasted Turkey w/ Turkey Gravy Herb Mash Potatoes Sliced Carrots Wheatberry Roll/Marg Strawb. Applesauce 1% Milk	Pork Chop Fritter/Gravy Roasted Sweet Potatoes Broccoli & Cauliflower Dinner Roll/Marg Pear Slices 1% Milk	Hearty Beef Stew with Mixed Vegetables Whipped Potatoes Diced Peaches Chef Mike's Bean Salad Biscuit/Margarine 1% Milk	Salisbury Steak & Gravy Au Gratin Potatoes Brussels Sprouts Wheat Bread/Marg Jello Poke Cake 1% Milk	

Menus may be subject to change