

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



* Items to be heated or microwaved at the centers



**Friday
12/1/17**
Sloppy Joe Sandwich
Potato Wedges*
Corn Cobette
Wheat Hamburger Bun
Sliced Apricots
1% or Skim Milk

Monday 12/4/2017	Tuesday 12/5/17	Wednesday 12/6/17	Thursday 12/7/17	Friday 12/8/17
Chicken Cordon Bleu & Swiss Mornay Sauce Brown Rice Capri Blend Vegetables* Cinnamon Raisin Bread Peaches 1% or Skim Milk	Hamburger Patty w/ Garlic Mushroom Gravy Whipped Potatoes Peas & Pearl Onions* Wheat Bread/Margarine Banana Muffin Square 1% or Skim Milk	Oven Roasted Pork Loin/Gravy Baked Sweet Potato Brussels Sprouts* Dinner Roll/Margarine Sugar Cookie or Diet Cookies 1% or Skim Milk	Potato Crusted Fish* Augratin Potatoes Glazed Beets Multigrain Bread/Margarine Tropical Fruit Mix 1% or Skim Milk Tartar Sauce	Orange Chicken Stir Fry with Lo Mein Noodles Japanese Blend Veggies* Vegetable Egg Roll* Fortune Cookie Strawberry Applesauce 1% or Skim Milk
Monday 12/11/17	Tuesday 12/12/17	Wednesday 12/13/17	Thursday 12/14/17	Friday 12/15/17
Italian Casserole w/ Penne Roasted Baby Carrots Green Beans* Italian Roll/Margarine Chocolate Pudding or Diet Pudding 1% or Skim Milk	Turkey Fritter* Red Roasted Potatoes Mixed Vegetables* Vienna Bread/Marg Fresh Fruit 1% or Skim Milk	Sliced Roast Beef & Gravy Mashed Potatoes Seasoned Cabbage and Carrots Rye Bread/Margarine Decorated Birthday Cake or Plain White Cake 1% or Skim Milk	Shredded BBQ Chicken Sandwich BBQ Baked Beans Potato Salad Wheat Hamburger Bun Fruit Cocktail 1% or Skim Milk	Breakfast For Lunch!! Egg & Vegetable Scramble (Peppers/Onions/Mushrooms) Breakfast Potatoes Country Gravy Jumbo Biscuit Pear Slices 1% or Skim Milk
Monday 12/18/17	Tuesday 12/19/17	Wednesday 12/20/17	Thursday 12/21/17	Friday 12/22/17
Country Fried Steak* & Gravy Garlic Whipped Potatoes Country Blend Vegetables* Vienna Bread/Margarine Mandarin Oranges 1% or Skim Milk	All American Beef & Potato Skillet Green Peas* Marble Rye Bread/Marg Peach Crisp or Peaches 1% or Skim Milk	Baked Ham* Twiced Baked Mashed Potato Broccoli with Cheese* Wheat Roll/Margarine Cheesecake with Strawberries or Diet Pudding 1% or Skim Milk <i>Christmas Dinner</i> 	Swedish Meatballs Baked Potato/Sour Cream Stewed Tomatoes Wheat Bread/Margarine Oatmeal Raisin Cookie or Diet Cookie 1% or Skim Milk	Chicken Breast & Fiesta Cheese Sauce Refried Beans Fiesta Brown Rice Cinnamon Raisin Bread/Marg Pineapple 1% or Skim Milk
Monday 12/25/17	Tuesday 12/26/17	Wednesday 12/27/2017	Thursday 12/28/2017	Friday 12/29/2017
 Senior Centers Closed	Baked Cod Loin in Pesto Cream Sauce Mashed Sweet Potatoes Green Beans* Wheat Bread/Margarine Fresh Fruit 1% or Skim Milk	Cheeseburger* on a bun w/ lettuce & tomato Oven Roasted Potatoes Baked beans Tropical Fruit 1% or Skim Milk	Meatloaf /Gravy Whipped Potatoes Carrots* Vienna Bread/Margarine Lemon Pudding or Diet Pudding 1% or Skim Milk	Cheese Ravioli in Marinara Sauce Tossed Salad/Dressing Italian Blend Vegetables* Breadstick/Margarine Hot Cinnamon Apples 1% or Skim Milk

Menus may be subject to change