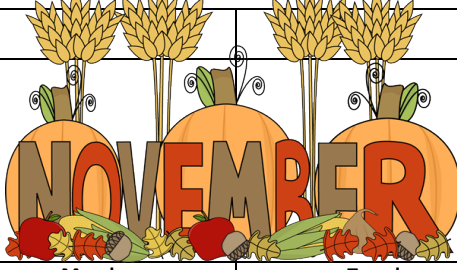





# Eastern Nebraska Office on Aging

## Congregate Menu

### November 2017

		<b>Wednesday</b> <b>11/1/17</b> Baked Ham* Baked Sweet Potatoes Peas & Pearl Onions* Cinnamon Raisin Bread/Marg Mandarin Oranges & Pineapple 1% or Skim Milk	<b>Thursday</b> <b>11/2/17</b> Chicken Cordon Bleu & Swiss Mornay Sauce Brown Rice Capri Blend Vegetables* Wheat Dinner Roll/Margarine Banana Muffin Square 1% or Skim Milk	<b>Friday</b> <b>11/3/17</b> Hamburger Patty w/ Garlic Mushroom Gravy Scalloped Potatoes Parslied Carrots* Wheat Bread/Margarine Chocolate Chip Cookie or Diet Cookies 1% or Skim Milk
<b>Monday</b> <b>11/6/17</b> Chicken Fajitas Chicken Breast Strips Fajita Blend Vegetables* in a Flour Tortilla Shell Chuckwagon Corn Diced Peaches 1% or Skim Milk	<b>Tuesday</b> <b>11/7/17</b> Potato Crusted Fish* Au gratin Potatoes Glazed Beets Dinner Roll/Margarine Tropical Fruit Mix 1% or Skim Milk Tartar Sauce	<b>Wednesday</b> <b>11/8/17</b> Fried Chicken Breast* Whipped Potatoes Chicken Gravy Green Beans* Multigrain Bread/Margarine Decorated Birthday Cake or Plain White Cake 1% or Skim Milk	<b>Thursday</b> <b>11/9/17</b> Beef & 3 Bean Chili Baked Potato/Sour Cream Tossed Salad/Dressing PC Cornbread /Marg/Honey Hot Cinnamon Apples 1% or Skim Milk	<b>Friday</b> <b>11/10/17</b>  <b>HAPPY VETERANS DAY</b> Senior Centers Closed
<b>Monday</b> <b>11/13/17</b> Turkey Fritter* Red Roasted Potatoes Mixed Vegetables* Vienna Bread/Marg Fresh Fruit 1% or Skim Milk	<b>Tuesday</b> <b>11/14/17</b> Italian Casserole w/ Penne Roasted Baby Carrots Green Beans* Italian Roll/Margarine Butterscotch Pudding or Diet Pudding 1% or Skim Milk	<b>Wednesday</b> <b>11/15/17</b> Breakfast For Lunch!! Egg & Vegetable Scramble (Peppers/Onions/Mushrooms) Breakfast Potatoes Country Gravy Jumbo Biscuit Pear Slices 1% or Skim Milk	<b>Thursday</b> <b>11/16/17</b> Sliced Roast Beef & Gravy Mashed Potatoes Seasoned Cabbage & Carrots Rye Bread/Margarine Peanut Butter Cookie or Diet Cookies 1% or Skim Milk	<b>Friday</b> <b>11/17/17</b> Shredded BBQ Chicken Sandwich BBQ Baked Beans Potato Salad Wheat Hamburger Bun Fruit Cocktail 1% or Skim Milk
<b>Monday</b> <b>11/20/17</b> All American Beef & Potato Skillet California Blend Veg.* Marble Rye Bread/Marg Peach Crisp or Peaches 1% or Skim Milk	<b>Tuesday</b> <b>11/21/17</b> Country Fried Steak* & Gravy Garlic Whipped Potatoes Country Blend Vegetables* Vienna Bread/Margarine Mandarin Oranges 1% or Skim Milk	<b>Wednesday</b> <b>11/22/17</b> Turkey Breast with Gravy Bread Dressing Whipped Potatoes Green Peas w/ Onions* Cranberry Sauce Dinner Roll/Margarine Pumpkin Pie w/Whipped Topping or Diet Pudding 1% or Skim Milk	 <b>Thanksgiving Day</b> Senior Centers Closed	
<b>Monday</b> <b>11/27/17</b> Baked Cod Loin in Pesto Cream Sauce Mashed Sweet Potatoes Green Beans* Wheat Bread/Margarine Fresh Fruit 1% or Skim Milk	<b>Tuesday</b> <b>11/28/17</b> Swedish Meatballs Baked Potato/Sour Cream Stewed Tomatoes Wheatberry Roll/Margarine Vanilla Pudding or Diet Pudding 1% or Skim Milk	<b>Wednesday</b> <b>11/29/2017</b> Cheese Ravioli in Marinara Sauce Tossed Salad/Dressing Italian Blend Vegetables* Breadstick/Margarine Hot Cinnamon Apples 1% or Skim Milk	<b>Thursday</b> <b>11/30/2017</b> Chicken Breast & Fiesta Cheese Sauce Refried Beans Fiesta Brown Rice Cinnamon Raisin Bread/Marg Pineapple 1% or Skim Milk	 * Items to be heated or microwaved at the centers

Menus may be subject to change