




Eastern Nebraska Office on Aging

Congregate Menu

July 2017

Monday 7/3/2017	Tuesday 7/4/2017	Wednesday 7/5/2017	Thursday 7/6/2017	Friday 7/7/2017
Meatball Marinara Sub on a Coney Bun Potato Wedges* Italian Vegetables* Red & Blue Jello Cake or Diet Jello Cake 1% or Skim Milk	Senior Centers Closed  Independence Day U.S.A.	Creamy Italian Chicken & Tri-Color Pasta Bake Green Beans* Chopped Romain/Dressing Italian Roll/Margarine Fresh Fruit 1% or Skim Milk	Oven Roasted Pork Loin Sweet Potato Mash Creamed Spinach Cinnamon Raisin Bread/Marg. Diced Peaches 1% or Skim Milk	Chicken Marsala Garlic Whip Potatoes Corn Cobette Breadstick/Margarine Frosted Brownie or Diet Cookies 1% or Skim Milk
Monday 7/10/2017	Tuesday 7/11/2017	Wednesday 7/12/2017	Thursday 7/13/2017	Friday 7/14/2017
Teriyaki Meatballs over Brown Rice Pilaf Japanese Blend Vegetables* Diced Carrots Vienna Bread/Margarine Fortune Cookies Tropical Fruit 1% or Skim Milk	Tuna Egg Noodle Casserole Green Peas* Stewed Tomatoes Wheat Dinner Roll/Margarine Chocolate Pudding or Diet Pudding 1% or Skim Milk	Open-Faced Roast Beef Sandwich on Wheat Bread Herb Roasted Baby Reds Glazed Beets Decorated Birthday Cake or Plain White Cake 1% or Skim Milk	Cheeseburger* on a Wheat Hamburger Bun w/ Shred Lettuce & Tomato Potato Wedges* Mixed Vegetable Emerald Pears 1% or Skim Milk	Baked Pit Ham* Baked Potato/Sour Crm Capri Vegetable Blend* Wheat Bread/Margarine Cinnamon Applesauce 1% or Skim Milk
Monday 7/17/2017	Tuesday 7/18/2017	Wednesday 7/19/2017	Thursday 7/20/2017	Friday 7/21/2017
Diced Turkey & Gravy over Mashed Potatoes Mixed Vegetables* Marble Rye Bread/Marg Sliced Apricots 1% or Skim Milk	White Chicken Chili Chuckwagon Corn* Tossed Salad/Dressing Cornbread w/Margarine Honey Fruit Cocktail 1% or Skim Milk	Beef & Country Potato Casserole Zucchini & Tomatoes Green Beans* Dinner Roll/Margarine Fresh Fruit 1% or Skim Milk	Chicken Sloppy Joe on a Wheat Hamburger Bun Scalloped Potatoes Sweet Pepper Coleslaw Chocolate Chip Cookie or Diet Cookies 1% or Skim Milk	Meatballs & Stroganoff Gravy over Brown Rice Oregon Blend Vegetables* Pumpernickle/Margarine Peach Cobbler or Sliced Peaches 1% or Skim Milk
Monday 7/24/2017	Tuesday 7/25/2017	Wednesday 7/26/2017	Thursday 7/27/2017	Friday 7/28/2017
Cheesy Chicken & Rice Casserole Broccoli Sliced Beets Honey Wheat Bread/Marg Lemon Pudding or Diet Pudding 1% or Skim Milk	Potato Crunch Fish Filet* Tarter Sauce Cheesy Hashbrowns Country Blend Vegetables* Breadstick/Margarine Fresh Fruit 1% or Skim Milk	Oven Roasted Turkey w/Gravy Herb Mashed Potatoes Sliced Carrots* Wheatberry Roll/Margarine Strawberry Shortcake or Plain White Cake 1% or Skim Milk	Pork Chop Fritter* Baked Sweet Potato Cauliflower* Dinner Roll/Margarine Pineapple Tidbits 1% or Skim Milk	Hearty Beef Stew with Vegetables Fiesta Bean Salad Jumbo Biscuit/Margarine Hot Cinnamon Apples 1% or Skim Milk
Monday 7/31/2017				 * Items to be heated or microwaved at the centers

Menus may be subject to change