



**Eastern Nebraska Office on Aging
Meals on Wheels 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 Potato Wedges Italian Vegetables Coney Bun Red & Blue Jello Cake 1% Milk	4th of July Holiday Meals by reservation only 	Creamy Italian Chicken & Tri-Color Pasta Bake Green Beans Carrot Coins Italian Roll/Margarine Fresh Fruit 1% Milk	Oven Roasted Pork Loin Sweet Potato Mash Creamed Spinach Cinn. Raisin Bread/Marg. Diced Peaches 1% Milk	Chicken Marsala Garlic Whip Potatoes Whole Corn Kernels Breadstick/Marg. Frosted Brownie 1% Milk
Monday 7/10/2017	Tuesday 7/11/2017	Wednesday 7/12/2017	Thursday 7/13/2017	Friday 7/14/2017
Teriyaki Meatball over Brown Rice Pilaf Japanese Blend Veg. Diced Carrots Vienna Bread/Margarine Fortune Cookies Tropical Fruit 1% Milk	Tuna Egg Noodle Cass. Green Peas Stewed Tomatoes Wheat Dinner Roll/Marg Chocolate Pudding 1% Milk	Sliced Roast Beef Herb Roast. Baby Reds Glazed Beets Wheat Bread/Marg Birthday Cake 1% Milk	Hamburger Potato Wedges Mixed Vegetables Wheat Hamburger Bun Shred Lettuce & Tomato Emerald Pears 1% Milk	Baked Pit Ham 1/2 Baked Potato Capri Vegetable Blend Wheat Bread/Marg Cinnamon Applesauce Sour Cream 1% Milk
Monday 7/17/2017	Tuesday 7/18/2017	Wednesday 7/19/2017	Thursday 7/20/2017	Friday 7/21/2017
Diced Turkey & Gravy Mashed Potatoes Mixed Vegetables Marble Rye Bread/Marg Sliced Apricots 1% Milk	White Chicken Chili Chuckwagon Corn Cornbread/Marg/Honey Tossed Salad/Dressing Fruit Cocktail 1% Milk	Beef & Country Potato Zuchinni & Tomatoes Green Beans Dinner Roll/Marg Fresh Fruit 1% Milk	Chicken Sloppy Joe Scalloped Potatoes Green Peas Wheat Hamburger Bun Chocolate Chip Cookie 1% Milk	Meatballs w/ Stroganoff Gravy over Brown Rice Oregon Blend Vegetables Peach Cobbler Pumpernickle/Marg 1% Milk
Monday 7/24/2017	Tuesday 7/25/2017	Wednesday 7/26/2017	Thursday 7/27/2017	Friday 7/28/2017
Cheesy Chicken & Rice Broccoli Sliced Beets Honey Wheat Bread Lemon Pudding 1% Milk	Potato Crunch Fish Filet Cheesy Hashbrowns Country Blend Vegetables Breadstick/Marg Fresh Fruit Tartar Sauce 1% Milk	Oven Roasted Turkey w/ Turkey Gravy Herb Mashed Potatoes Sliced Carrots Wheatberry Roll/Marg Strawberry Shortcake 1% Milk	Pork Chop Fritter Roasted Sweet Potatoes Cauliflower Dinner Roll/Marg Pineapple Tidbits 1% Milk	Hearty Beef Stew with Mixed Vegetables Biscuit/Marg Hot Cinnamon Apples Fiesta Bean Salad 1% Milk
Monday 7/31/2017	 <p align="center">HAPPY 4TH of JULY</p>			
Fried Chicken Au Gratin Potatoes Brussel Sprouts Wheat Bread/Marg Diced Peaches 1% Milk				

Menus may be subject to change