

Eastern Nebraska Office on Aging

Congregate Menu

June 2017



* Items to be heated or microwaved at the centers

Thursday 6/1/2017	Friday 6/2/2017
Turkey Breast w/ Turkey Gravy Whipped Potatoes Green Peas* Wheat Bread/Margarine Tropical Fruit 1% or Skim Milk	Swedish Meatballs Bow Tie Pasta* Broccoli* Wheat Roll/Margarine Chocolate Chip Cookie or Diet Cookies 1% or Skim Milk

Monday 6/5/2017	Tuesday 6/6/2017	Wednesday 6/7/2017	Thursday 6/8/2017	Friday 6/9/2017
Honey Baked Chicken Brown Rice Green Peas* Wheat Bread/Margarine Fresh Fruit 1% or Skim Milk	Cheese Tortellini w/Meat Sauce Green Beans* Tossed Salad/Dressing Garlic Breadstick Hot Cinnamon Applesauce 1% or Skim Milk	Parmesan Chicken* Au Gratin Rotini Italian Vegetables* Dinner Roll/Margarine Peaches 1% or Skim Milk	Apple Glazed Pork Roasted Potato Medley Parslied Carrots* Multi Grain Bread/Margarine Carnival Cookie or Diet Cookies 1% or Skim Milk	Sloppy Joe on a Bun Tater Tots* Pineapple Slaw Warm Chocolate Cake or Apple Slices 1% or Skim Milk
Monday 6/12/2017	Tuesday 6/13/2017	Wednesday 6/14/2017	Thursday 6/15/2017	Friday 6/16/2017
Savory Apricot Chicken Macaroni & Cheese Green Beans* Wheat Roll/Margarine Fresh Fruit 1% or Skim Milk	Pork with Supreme Sauce Baked Sweet Potato Mixed Vegetables* Dinner Roll/Margarine Peanut Butter Cookie or Diet Cookies 1% or Skim Milk	10 Grain Pollock* w/ Tartar Sauce Au Gratin Potatoes Green Peas* Multi Grain Bread/Margarine Birthday Cake or Plain Cake 1% or Skim Milk	Meatloaf w/ Brown Gravy Whipped Potatoes Broccoli* Wheat Bread/Margarine Pears 1% or Skim Milk	BBQ Pork on a Bun Baked Beans Coleslaw Peach Crisp or Peaches 1% or Skim Milk
Monday 6/19/2017	Tuesday 6/20/2017	Wednesday 6/21/2017	Thursday 6/22/2017	Friday 6/23/2017
Country Fried Steak* w/ Country Gravy Mashed Red Potatoes Succotash* Wheat Roll/Margarine Fresh Fruit 1% or Skim Milk	Turkey Ham and White Beans Capri Mixed Vegetables* Cornbread Muffin/Margarine Cinnamon Apples 1% or Skim Milk	Chicken & Dumplings Garlic Cream Spinach Sliced Carrots* Biscuit/Margarine Chocolate Swirl Pudding or Diet Pudding 1% or Skim Milk	Roast Beef w/ Brown Gravy Whipped Potatoes Brussels Sprouts* Wheat Roll/Margarine Oreo Brownie or Diet Cookies 1% or Skim Milk	Fiesta Chicken Fiesta Rice Fiesta Vegetables* Wheat Bread/Margarine Mandarin Oranges 1% or Skim Milk
Monday 6/26/2017	Tuesday 6/27/2017	Wednesday 6/28/2017	Thursday 6/29/2017	Friday 6/30/2017
Glazed Ham* Scalloped Potatoes Mixed Vegetables* Wheat Roll/Margarine Pineapple Tidbits 1% or Skim Milk	Soft Shell Beef Taco* w/ Shredded Cheese Lettuce & Tomato Sour Cream/Taco Sauce Mexican Rice Mixed Beans Sugar Cookie or Diet Cookies 1% or Skim Milk	BBQ Rib Patty on a Bun Crispy Cubed Potatoes* Lima Beans* Ambrosia or Fruit Cocktail 1% or Skim Milk	King Ranch Chicken Casserole Baked Potato/Sour Cream Tossed Salad/Dressing Wheat Bread/Margarine Warm Lemon Cake or Peaches 1% or Skim Milk	Cheeseburger* on a Bun w/ Lettuce & Tomato Baked Beans Whole Kernel Corn* Sliced Pears 1% or Skim Milk



Menus may be subject to change