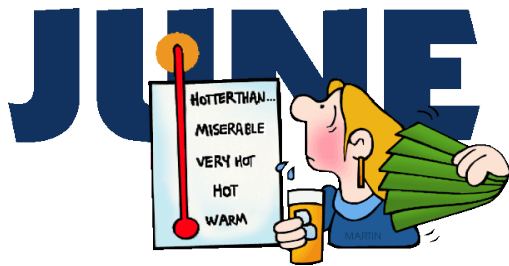


Eastern Nebraska Office on Aging

Meals on Wheels Menu

June 2017



Thursday 6/1/2017	Friday 6/2/2017
Turkey Breast w/ Turkey Gravy Whipped Potatoes Green Peas Wheat Bread/Margarine Tropical Fruit 1% Milk	Swedish Meatballs Bow Tie Pasta Broccoli Wheat Roll/Margarine Chocolate Chip Cookie 1% 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% Milk	Cheese Tortellini w/Meat Sauce Green Beans Hot Cinnamon Applesauce Tossed Salad/Dressing Breadstick/Margarine 1% Milk	Parmesan Chicken Au Gratin Rotini Italian Vegetables Dinner Roll/Margarine Peaches 1% Milk	Apple Glazed Pork Roasted Potato Medley Parslied Carrots Multi Grain Bread/Margarine Carnival Cookie 1% Milk	Sloppy Joe Tater Tot Casserole Warm Chocolate Cake Pineapple Slaw Hamburger Bun 1% 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% Milk	Pork with Supreme Sauce Baked Sweet Potato Mixed Vegetables Dinner Roll/Margarine Peanut Butter Cookie 1% Milk	10 Grain Pollock Au Gratin Potatoes Green Peas Multi Grain Bread/Margarine Birthday Cake Tartar Sauce 1% Milk	Meatloaf w/ Brown Gravy Whipped Potatoes Broccoli Wheat Bread/Margarine Pears 1% Milk	BBQ Pork Baked Beans Peach Crisp Coleslaw Hamburger Bun 1% 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% Milk	Turkey Ham and White Beans Capri Mixed Vegetables Hot Apple Slices Cornbread Muffin/Margarine 1% Milk	Chicken & Dumplings Garlic Cream Spinach Sliced Carrots Biscuit/Margarine Chocolate Swirl Pudding 1% Milk	Roast Beef w/ Brown Gravy Whipped Potatoes Brussels Sprouts Wheat Roll/Margarine Oreo Brownie 1% Milk	Fiesta Chicken Fiesta Rice Fiesta Vegetables Wheat Bread/Margarine Mandarin Oranges 1% 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 1% Milk	Beef Taco Meat Mexican Rice Mixed Beans Shred Ch, Lettuce & Tomato Flour Tortilla Sugar Cookie Taco Sauce 1% Milk	BBQ Rib Patty Crispy Cubed Potatoes Lima Beans Hamburger Bun Ambrosia 1% Milk	King Ranch Chicken Casserole Baked Potato Warm Lemon Cake Tossed Salad/Dressing Wheat Bread/Margarine Sour Cream 1% Milk	Hamburger Patty Baked Beans Whole Kernel Corn Lettuce & Tomato Hamburger Bun Sliced Pears 1% Milk

Menus may be subject to change

