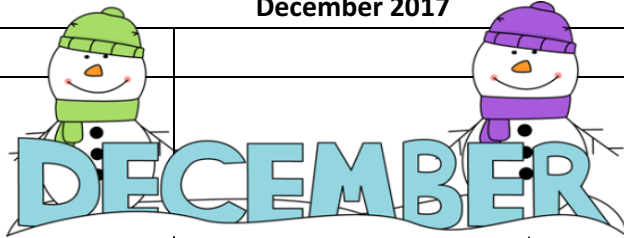



Eastern Nebraska Office on Aging

Meals on Wheels Menu

December 2017



				Friday 12/1/17
				Sloppy Joe Potato Wedges Corn Wheat Hamburger Bun Sliced Apricots 1% Milk
Monday 12/4/2017	Tuesday 12/5/17	Wednesday 12/6/17	Thursday 12/7/17	Friday 12/8/17
Chicken Cordon Bleu & Swiss Mornay Sauce Brown Rice Capri Blend Vegetables Cinnamon Raisin Bread/Marg Peaches 1% Milk	Hamburger Patty w/ Garlic Mushroom Gravy Whipped Potatoes Peas & Pearl Onions Wheat Bread/Margarine Banana Muffin Square 1% Milk	Oven Roasted Pork Loin/Gravy Baked Sweet Potato Brussels Sprouts Dinner Roll/Margarine Sugar Cookie 1% Milk	Potato Crusted Fish Augratin Potatoes Glazed Beets Multigrain Bread/Margarine Tropical Fruit Mix Tartar Sauce 1% Milk	Orange Chicken Stir Fry with Lo Mein Noodles Japanese Blend Veggies Vegetable Egg Roll Strawberry Applesauce 1% Milk
Monday 12/11/17	Tuesday 12/12/17	Wednesday 12/13/17	Thursday 12/14/17	Friday 12/15/17
Italian Casserole w/ Penne Roasted Baby Carrots Green Beans Italian Roll/Margarine Chocolate Pudding 1% Milk	Turkey Fritter Red Roasted Potatoes Mixed Vegetables Vienna Bread/Marg Fresh Fruit 1% Milk	Sliced Roast Beef & Gravy Mashed Potatoes Seasoned Cabbage & Carrots Rye Bread/Margarine Plain Cake 1% Milk	Shredded BBQ Chicken BBQ Baked Beans Corn Wheat Hamburger Bun Fruit Cocktail 1% Milk	Breakfast For Lunch!! Egg & Vegetable Scramble (Peppers/Onions/Mushrooms) Breakfast Potatoes Pear Slices Biscuit w/ Margarine 1% Milk
Monday 12/18/17	Tuesday 12/19/17	Wednesday 12/20/17	Thursday 12/21/17	Friday 12/22/17
Country Fried Steak & Gravy Garlic Whipped Potatoes Country Blend Vegetables Vienna Bread/Margarine Mandarin Oranges 1% Milk	All American Beef & Potato Skillet Green Peas Peach Crisp Marble Rye Bread/Marg 1% Milk	Baked Ham Twice Baked Mashed Potato Broccoli with Cheese Wheat Roll/Margarine Strawberry Cheesecake Pudding 1% Milk	Swedish Meatballs Baked Potato Stewed Tomatoes Wheat Bread/Margarine Oatmeal Raisin Cookie Sour Cream 1% Milk	Chicken Breast & Fiesta Cheese Sauce Refried Beans Fiesta Brown Rice Cinnamon Raisin Bread/Marg Pineapple 1% Milk
Monday 12/25/17	Tuesday 12/26/17	Wednesday 12/27/2017	Thursday 12/28/2017	Friday 12/29/2017
Holiday Meal by Reservation Only 	Baked Cod Loin in Pesto Cream Sauce Mashed Sweet Potatoes Green Beans Wheat Bread/Margarine Fresh Fruit 1% Milk	Hamburger Oven Roasted Potatoes Baked Beans Wheat Hamburger Bun Lettuce & tomato Tropical Fruit 1% Milk	Meatloaf /Gravy Whipped Potatoes Carrots Vienna Bread/Margarine Lemon Pudding 1% Milk	Cheese Ravioli in Marinara Sauce Italian Blend Vegetables Cinnamon Apples Tossed Salad/Dressing PC Breadstick/Margarine 1% Milk

Menus may be subject to change