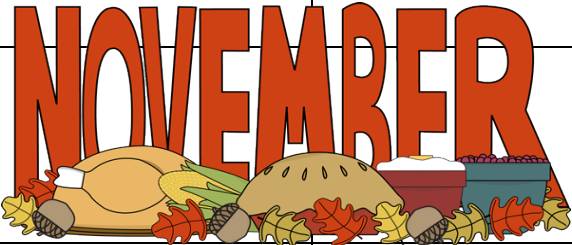



Eastern Nebraska Office on Aging

Meals on Wheels Menu

November 2017

		<p align="center">Wednesday 11/1/17</p> <p>Baked Ham Baked Sweet Potato Peas & Pearl Onions Cinnamon Raisin Brd/Marg Mandarin Oranges & Pineapple 1% Milk</p>	<p align="center">Thursday 11/2/17</p> <p>Chicken Cordon Bleu & Swiss Mornay Sauce Brown Rice Capri Blend Vegetables Wheat Dinner Roll/Margarine Banana Muffin Square 1% Milk</p>	<p align="center">Friday 11/3/17</p> <p>Hamburger Patty w/ Garlic Mushroom Gravy Scalloped Potatoes Parslied Carrots Wheat Bread/Margarine Chocolate Chip Cookie 1% Milk</p>
		<p align="center">Monday 11/6/17</p> <p>Chicken Fajitas Chicken Breast Strips Fajita Blend Vegetables Chuckwagon Corn Flour Tortilla Shell Diced Peaches 1% Milk</p>	<p align="center">Tuesday 11/7/17</p> <p>Potato Crusted Fish Au gratin Potatoes Glazed Beets Dinner Roll/Margarine Tropical Fruit Mix Tartar Sauce 1% Milk</p>	<p align="center">Wednesday 11/8/17</p> <p>Breaded Chicken Patty/Gravy Whipped Potatoes Green Beans Multigrain Bread/Margarine Plain Cake 1% Milk</p>
<p align="center">Monday 11/13/17</p> <p>Turkey Fritter Red Roasted Potatoes Mixed Vegetables Vienna Bread/Marg Fresh Fruit 1% Milk</p>	<p align="center">Tuesday 11/14/17</p> <p>Italian Casserole w/ Penne Roasted Baby Carrots Green Beans Italian Roll/Margarine Butterscotch Pudding 1% Milk</p>	<p align="center">Wednesday 11/15/17</p> <p>Breakfast For Lunch!! Egg & Vegetable Scramble (Peppers/Onions/Mushrooms) Breakfast Potatoes Pear Slices Biscuit/Margarine 1% Milk</p>	<p align="center">Thursday 11/16/17</p> <p>Sliced Roast Beef & Gravy Mashed Potatoes Seasoned Cabbage & Carrots Rye Bread/Margarine Peanut Butter Cookie 1% Milk</p>	<p align="center">Friday 11/17/17</p> <p>Shredded BBQ Chicken BBQ Baked Beans Corn Wheat Hamburger Bun Fruit Cocktail 1% Milk</p>
<p align="center">Monday 11/20/17</p> <p>All American Beef & Potato Skillet California Blend Veg. Peach Crisp Marble Rye Bread/Marg 1% Milk</p>	<p align="center">Tuesday 11/21/17</p> <p>Country Fried Steak & Gravy Garlic Whipped Potatoes Country Blend Vegetables Vienna Bread/Margarine Mandarin Oranges 1% Milk</p>	<p align="center">Wednesday 11/22/17</p> <p>Turkey Breast with Gravy Bread Dressing Whipped Potatoes Green Peas w/ Onions Dinner Roll/Margarine Pumpkin Dessert 1% Milk</p>	<p align="center">Thursday 11/23/17</p> <p align="center">Thanksgiving Day</p> <p align="center">No Meals Served</p>  <p align="center">Happy Thanksgiving</p>	<p align="center">Friday 11/24/17</p> <p>Roast Beef & Cheddar Wheat Bread(2x) Broccoli Salad Applesauce Strawberry Delight 1% Milk</p>
<p align="center">Monday 11/27/17</p> <p>Baked Cod Loin in Pesto Cream Sauce Mashed Sweet Potatoes Green Beans Wheat Bread/Margarine Fresh Fruit 1% Milk</p>	<p align="center">Tuesday 11/28/17</p> <p>Swedish Meatballs Baked Potato/Sour Cream Stewed Tomatoes Wheatberry Roll/Margarine Vanilla Pudding 1% Milk</p>	<p align="center">Wednesday 11/29/17</p> <p>Cheese Ravioli in Marinara Sauce Italian Blend Vegetables Cinnamon Apples Tossed Salad/Dressing PC Breadstick/Margarine 1% Milk</p>	<p align="center">Thursday 11/30/17</p> <p>Chicken Breast & Fiesta Cheese Sauce Refried Beans Fiesta Brown Rice Cinnamon Raisin Bread/Marg Pineapple 1% Milk</p>	

Menus may be subject to change