

**Eastern Nebraska Office on Aging
Congregate Menu
March 2017**



* Items to be heated or microwaved at the centers



		Wednesday 3/1/2017	Thursday 3/2/2017	Friday 3/3/2017
		Breaded Pollock* on a Bun Tartar Sauce Augratin Potatoes Harvard Beets Mandarin Oranges 1% or Skim Milk Ash Wednesday	Sausage * Whipped Potatoes Sliced Carrots* Sauerkraut Rye Bread/Margarine Chocolate Pudding or Diet Pudding 1% or Skim Milk	Tuna Noodle Au Gratin Cauliflower* Green Beans Multi Grain Bread/Margarine Tropical Fruit 1% or Skim Milk
Monday 3/6/2017	Tuesday 3/7/2017	Wednesday 3/8/2017	Thursday 3/9/2017	Friday 3/10/2017
Teriyaki Meatballs Lo Mein Noodles* Broccoli* Wheat Bread/Margarine Fruit Cocktail 1% or Skim Milk	Pork Loaf Mashed Yams Capri Mixed Vegetables* Wheat Roll/Margarine Fresh Fruit 1% or Skim Milk	Creamy Garlic Chicken Red Potatoes Club Spinach Multi Grain Bread/Margarine Birthday Cake or Plain Cake 1% or Skim Milk	Turkey Breast w/ Turkey Gravy Whipped Potatoes Carrots* Wheat Roll/Margarine Lemon Bar or Diet Cookies 1% or Skim Milk	Potato Crusted Fish* w/ Tartar Sauce Augratin Potatoes Whole Kernel Corn* Wheat Bread/Margarine Pears 1% or Skim Milk
Monday 3/13/2017	Tuesday 3/14/2017	Wednesday 3/15/2017	Thursday 3/16/2017	Friday 3/17/2017
Almond Dijon Chicken Brown Rice Parmesan Tomatoes Wheat Bread/Margarine Fresh Fruit 1% or Skim Milk	Beef Stew w/ Vegetables Green Beans* Tossed Salad/Dressing Biscuit/Margarine Cinnamon Apples 1% or Skim Milk	Broccoli Strata w/ Ham Roasted Potato Medley Orange Juice Blueberry Muffin/Margarine Peaches 1% or Skim Milk	Cheeseburger* on a Bun w/ Lettuce & Tomato Potato Wedges* Pineapple Slaw Apple Crisp or Apple Slices 1% or Skim Milk	Corned Beef* Tiny Whole Potatoes Cabbage and Carrots Rye Bread/Margarine Emerald Pudding or Diet Pudding 1% or Skim Milk
Monday 3/20/2017	Tuesday 3/21/2017	Wednesday 3/22/2017	Thursday 3/23/2017	Friday 3/24/2017
Meatballs Marinara w/ Penne Pasta* Green Peas* Garlic Bread Stick Tropical Fruit 1% or Skim Milk	Open Face Turkey Sandwich w/ Turkey Gravy on Wheat Bread Whipped Potatoes Harvard Beets Fresh Fruit 1% or Skim Milk	Roast Beef w/ Brown Gravy Red Potatoes Lima Beans* Dinner Roll/Margarine Peanut Butter Cookie or Diet Cookies 1% or Skim Milk	Chicken and Dumplings Cream Garlic Spinach Cauliflower* Cornbread Muffin/Margarine Pineapple 1% or Skim Milk	Potato Crushed Fish* w/ Tartar Sauce Au Gratin Rotini Stewed Tomatoes Wheat Bread/Margarine Banana Pudding or Diet Pudding 1% or Skim Milk
Monday 3/27/2017	Tuesday 3/28/2017	Wednesday 3/29/2017	Thursday 3/30/2017	Friday 3/31/2017
Chicken Piccata Scalloped Potatoes Glazed Baby Carrots Multi Grain Bread/Margarine Sliced Pears 1% or Skim Milk	Meatloaf with Gravy Oven Roasted Potatoes Green Beans* Wheat Roll/Margarine Carnival Cookie or Diet Cookies 1% or Skim Milk	Roast Pork w/ Pork Gravy Whipped Potatoes Cabbage Wheat Bread/Margarine Fresh Fruit 1% or Skim Milk	Lasagna Casserole Mixed Vegetables* Tossed Salad/Dressing Garlic bread Cinnamon Applesauce 1% or Skim Milk	Bean and Cheese Burrito w/ Picante Sauce Mexican Rice Fiesta Vegetable Blend* Fruited Gelatin or Diet Fruited Gelatin 1% or Skim Milk



Menus may be subject to change