

**Eastern Nebraska Office on Aging  
Meals on Wheels Menu  
March 2017**



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

Menus may be subject to change