

# Eastern Nebraska Office on Aging

## Congregate Menu

**May 2017**

Monday 5/1/2017	Tuesday 5/2/2017	Wednesday 5/3/2017	Thursday 5/4/2017	Friday 5/5/2017
Parmesan Chicken* Au Gratin Rotini Italian Vegetables* Garlic Bread Stick Fresh Fruit 1% or Skim Milk	Apple Glazed Pork Roasted Potato Medley Peas* Multi Grain Bread/Margarine Carnival Cookie or Diet Cookie 1% or Skim Milk	Sloppy Joe on a Bun Tater Tots* Pineapple Slaw Peach Crisp or Peaches 1% or Skim Milk	Honey Baked Chicken Brown Rice Parslied Carrots* Wheat Bread/Margarine Pineapple Tidbits 1% or Skim Milk	Bean Cheese Burrito* Picante Sauce/Sour Cream Fiesta Rice Mexican Corn* Cinnamon Applesauce 1% or Skim Milk  <i style="text-align: right;"><b>Cinco De Mayo</b></i>
Monday 5/8/2017	Tuesday 5/9/2017	Wednesday 5/10/2017	Thursday 5/11/2017	Friday 5/12/2017
Meatloaf w/ Brown Gravy Whipped Potatoes Broccoli* Wheat Bread/Margarine Fresh Fruit 1% or Skim Milk	Bierock Casserole Baby Carrots Harvard Beets Pineapple Tidbits 1% or Skim Milk	Pork with Supreme Sauce Baked Sweet Potato Mixed Vegetables* Dinner Roll/Margarine Birthday Cake or Plain Cake 1% or Skim Milk	Potato Crusted Fish* w/ Tartar Sauce Au Gratin Potatoes Green Peas* Multi Grain Bread/Margarine Brownie or Diet Cookies 1% or Skim Milk	Cheese Omelet* Hashbrown Casserole Orange Juice Blueberry Muffin/Margarine Melon & Strawberry Fruit Cup 1% or Skim Milk  
Monday 5/15/2017	Tuesday 5/16/2017	Wednesday 5/17/2017	Thursday 5/18/2017	Friday 5/19/2017
Chicken & Dumplings Garlic Cream Spinach Sliced Carrots* Biscuit/Margarine Chocolate Swirl Pudding or Diet Pudding 1% or Skim Milk	Roast Beef w/ Brown Gravy Whipped Potatoes Brussels Sprouts* Wheat Roll/Margarine Oatmeal Raisin Cookie 1% or Skim Milk	Fiesta Chicken Fiesta Rice Fiesta Vegetables* Wheat Bread/Margarine Fresh Fruit 1% or Skim Milk	Turkey Ham and White Beans Capri Mixed Vegetables* Cornbread Muffin/Margarine Hot Apple Slices 1% or Skim Milk	Country Fried Steak* w/ Country Gravy Mashed Red Potatoes Succotash* Wheat Roll/Margarine Mandarin Oranges 1% or Skim Milk
Monday 5/22/2017	Tuesday 5/23/2017	Wednesday 5/24/2017	Thursday 5/25/2017	Friday 5/26/2017
BBQ Rib Patty on a Bun Crispy Cubed Potatoes* Lima Beans Tropical Fruit 1% or Skim Milk	Glazed Ham* Scalloped Potatoes Mixed Vegetables* Wheat Roll/Margarine Ambrosia Salad or Fruit Cocktail 1% or Skim Milk	Soft Shell Beef Taco* w/ Shredded Cheese Lettuce & Tomato Mexican Rice Mixed Beans Sour Cream/Taco Sauce Sugar Cookie or Diet Cookies 1% or Skim Milk	Cheeseburger* on a Bun w/ Lettuce & Tomato Baked Beans Whole Kernel Corn* Sliced Pears 1% or Skim Milk	King Ranch Chicken Casserole Baked Potato/Sour Cream Tossed Salad/Dressing Wheat Bread/Margarine Warm Chocolate Cake or Peaches 1% or Skim Milk
Monday 5/29/2017	Tuesday 5/30/2017	Wednesday 5/31/2017		
 <b>Senior Centers Closed</b>	Polish Sausage* w/ Sauerkraut Red Potatoes Baby Carrots Dinner Roll/Margarine Butterscotch Pudding or Diet Pudding 1% or Skim Milk	Breaded Pollock* on a Bun w/ Tartar Sauce Potato Wedges* Harvard Beets Fresh Fruit 1% or Skim Milk	 * Items to be heated or microwaved at the centers	

Menus may be subject to change