

Eastern Nebraska Office on Aging

Meals on Wheels 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 Plain Bread Stick Fresh Fruit 1% Milk	Apple Glazed Pork Roasted Potato Medley Peas Multi Grain Bread/Margarine Carnival Cookie 1% Milk	Sloppy Joe Tater Tot Casserole Peach Crisp Hamburger Bun Pineapple Slaw 1% Milk	Honey Baked Chicken Brown Rice Parslied Carrots Wheat Bread/Margarine Pineapple Tidbits 1% Milk	Bean Cheese Burrito Picante Sauce Fiesta Rice Mexican Corn Cinnamon Applesauce Sour cream 1% Milk Cinco De Mayo
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% Milk	Bierock Casserole Baby Carrots Harvard Beets Pineapple Tidbits 1% Milk	Pork with Supreme Sauce Baked Sweet Potato Mixed Vegetables Dinner Roll/Margarine Birthday Cake 1% Milk	Potato Crusted Fish Au Gratin Potatoes Green Peas Multi Grain Bread/Margarine Tartar Sauce Brownie 1% Milk	Beef w/ Mushroom Gravy Hashbrown Casserole Lima Beans Blueberry Muffin/Margarine Melon & Strawberry Fruit Cup 1% Milk Happy Mother's Day
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 1% Milk	Roast Beef w/ Brown Gravy Whipped Potatoes Brussels Sprouts Wheat Roll/Margarine Oatmeal Raisin Cookie 1% Milk	Fiesta Chicken Fiesta Rice Fiesta Vegetables Wheat Bread/Margarine Fresh Fruit 1% Milk	Turkey Ham and White Beans Capri Mixed Vegetables Hot Apple Slices Cornbread Muffin/Margarine 1% Milk	Country Fried Steak w/ Country Gravy Mashed Red Potatoes Succotash Wheat Roll/Margarine Mandarin Oranges 1% Milk
Monday 5/22/2017	Tuesday 5/23/2017	Wednesday 5/24/2017	Thursday 5/25/2017	Friday 5/26/2017
BBQ Rib Patty Crispy Cubed Potatoes Lima Beans Hamburger Bun Tropical Fruit 1% Milk	Glazed Ham Scalloped Potatoes Mixed Vegetables Wheat Roll/Margarine Ambrosia Salad 1% Milk	Beef Taco Meat Mexican Rice Mixed Beans Shred. Ch, Lettuce & Tomato Flour Tortilla Sugar Cookie Taco Sauce 1% Milk	Hamburger Patty Baked Beans Whole Kernel Corn Lettuce & Tomato Hamburger Bun Sliced Pears 1% Milk	King Ranch Chicken Casserole Baked Potato Warm Chocolate Cake Tossed Salad/Dressing Wheat Bread/Margarine Sour Cream 1% Milk
Monday 5/29/2017	Tuesday 5/30/2017	Wednesday 5/31/2017	Menus may be subject to change	
Closed - Memorial Day	Polish Sausage Sauerkraut Red Potatoes Baby Carrots Dinner Roll/Margarine Butterscotch Pudding 1% Milk	Breaded Pollock Potato Wedges Harvard Beets Hamburger Bun Fresh Fruit Tartar Sauce 1% Milk		

