

Eastern Nebraska Office on Aging

Congregate Menu

October 2017

Monday 10/2/2017	Tuesday 10/3/2017	Wednesday 10/4/2017	Thursday 10/5/2017	Friday 10/6/2017
Potato Crusted Fish* Augratin Potatoes Glazed Beets Dinner Roll/Margarine Tropical Fruit Mix 1% or Skim Milk Tartar Sauce	Beef & 3 Bean Chili Corn * Tossed Salad/Dressing PC Cornbread Muffin/Marg/Honey Hot Cinnamon Apples 1% or Skim Milk	Fried Chicken Breast* Whipped Potatoes Chicken Gravy Green Beans* Dinner Roll/Margarine Diced Pears 1% or Skim Milk	Hamburger Patty with Garlic Mushroom Gravy Scalloped Potatoes Peas & Pearl Onions* Wheat bread/Margarine Banana Muffin Square or Plain White Cake 1% or Skim Milk	Chicken Cordon Bleu with Swiss Mornay Sauce Brown Rice Capri Blend Vegetables* Cinnamon Raisin Brd/Marg Chocolate Chip Cookie or Diet Cookies 1% or Skim Milk
Monday 10/9/2017	Tuesday 10/10/2017	Wednesday 10/11/2017	Thursday 10/12/2017	Friday 10/13/2017
 Senior Centers Closed	Turkey Fritter* Red Roasted Potatoes Mixed Vegetables* Wheat Dinner Roll/Marg Fresh Fruit 1% or Skim Milk	Sliced Roast Beef & Gravy Mashed Potatoes Seasoned Cabbage Rye Bread/Margarine Decorated Birthday Cake or Plain White Cake 1% or Skim Milk	Chicken Fajitas Chicken Breast Strips Fajita Blend Vegetables Chuckwagon Corn* Flour Tortilla Shells(2ea) Diced Peaches 1% or Skim Milk	Italian Casserole w/ Penne Roasted Baby Carrots Green & Gold Beans* Italian Roll/Margarine Butterscotch Pudding or Diet Pudding 1% or Skim Milk
Monday 10/16/2017	Tuesday 10/17/2017	Wednesday 10/18/2017	Thursday 10/19/2017	Friday 10/20/2017
Shredded BBQ Chicken Sandwich BBQ Baked Beans Potato Salad Wheat Hamburger Bun Fresh Fruit 1% or Skim Milk	Oven Roasted Pork Loin/Gravy Baked Sweet Potato Brussels Sprouts* Dinner Roll/Margarine Peanut Butter Cookie or Diet Cookies 1% or Skim Milk	All American Beef & Potato Skillet California Blend Veg.* Marble Rye Bread/Marg Fruit Crisp 1% or Skim Milk	Breakfast For Lunch!! Egg & Vegetable Scramble (Peppers/Onions/Mushrooms) Breakfast Potatoes Country Gravy Jumbo Biscuit Pear Slices 1% or Skim Milk	Country Fried Steak* & Gravy Garlic Whipped Potatoes Country Blend Vegetables* Vienna Bread/Margarine Mandarin Oranges 1% or Skim Milk
Monday 10/23/2017	Tuesday 10/24/2017	Wednesday 10/25/2017	Thursday 10/26/2017	Friday 10/27/2017
Swedish Meatballs Baked Potato/Sour Cream Stewed Tomatoes Wheatberry Roll/Margarine Vanilla Pudding or Diet Pudding 1% or Skim Milk	Cheese Ravioli in Marinara Sauce Tossed Salad/Dressing PC Italian Blend Vegetables* Breadstick/Margarine Fresh Fruit 1% or Skim Milk	Baked Cod Loin in Pesto Cream Sauce Mashed Sweet Potatoes Green Beans* Dinner Roll/Margarine Cinnamon Apples 1% or Skim Milk	Chicken Breast & Fiesta Cheese Sauce Refried Beans Fiesta Brown Rice Cinnamon Raisin Bread/Marg Pineapple 1% or Skim Milk	Taco Joe Sandwich Potato Ole's Corn Cobette Wheat Hamburger Bun Sliced Apricots 1% or Skim Milk
Monday 10/30/2017	Tuesday 10/31/2017			
Orange Chicken Stir Fry with Lo Mein Noodles Japanese Blend Veggies* Vegetable Egg Roll* Fortune Cookie Strawberry Applesauce 1% or Skim Milk	Mummy Loaf & Ghoulish Gravy Dungeon Whipped Potatoes Beastly Broccoli* Haunted Honey Wheat Bread & Mysterious Margarine Jack-O-Lantern Bars or Petrifying Plain Cake 1% or Spooky Skim Milk			



* Items to be heated or microwaved at the centers