

**Eastern Nebraska Office on Aging
Meals on Wheels 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/Marg Tropical Fruit Mix 1% Milk Tartar Sauce	Beef & 3 Bean Chili Corn Hot Cinnamon Apples Cornbread Muffin/Marg 1% Milk	Brd Chicken Breast Patty/Gravy Whipped Potatoes Green Beans Dinner Roll/Marg Diced Pears 1% Milk	Hamburger Patty w/ Garlic Mushroom Gravy Scalloped Potatoes Peas & Pearl Onions Wheat Bread/Margarine Banana Muffin Square 1% Milk	Chicken Cordon Bleu & Swiss Mornay Sauce Brown Rice Capri Blend Vegetables Cinnamon Raisin Bread Chocolate Chip Cookie 1% Milk
Monday 10/9/2017	Tuesday 10/10/2017	Wednesday 10/11/2017	Thursday 10/12/2017	Friday 10/13/2017
Meals by Reservation Only 	Turkey Fritter/Gravy Red Roasted Potatoes Mixed Vegetables Wheat Dinner Roll/Marg Fresh Fruit 1% Milk	Sliced Roast Beef/Gravy Mashed Potatoes Seasoned Cabbage Rye Bread/Marg Birthday Cake 1% Milk	Chicken Fajitas Chicken Breast Strips Fajita Blend Vegetables Chuckwagon Corn Flour Tortilla Shells(2ea) Diced Peaches 1% Milk	Italian Cass. w/ Penne Roasted Baby Carrots Green & Gold Beans Italian Roll/Marg Butterscotch Pudding 1% Milk
Monday 10/16/2017	Tuesday 10/17/2017	Wednesday 10/18/2017	Thursday 10/19/2017	Friday 10/20/2017
Shredded BBQ Chicken BBQ Baked Beans Cheesy Whip Potatoes Wheat Hamburger Bun Fresh Fruit 1% Milk	Oven Roast. Pork Loin & Gravy Baked Sweet Potato Brussels Sprouts Dinner Roll/Marg Peanut Butter Cookie 1% Milk	All American Beef & Potato Skillet California Blend Veg Fruit Crisp Marble Rye Bread/Marg 1% Milk	Breakfast for Lunch!! Egg & Vegetable Scramble (Peppers,Onions,Mushrooms) Breakfast Potatoes Spiced Pears Jumbo Biscuit 1% Milk	Country Fried Steak/Gravy Garlic Whipped Potatoes Country Blend Veg Vienna Bread/Marg Mandarin Oranges 1% 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 Stewed Tomatoes Wheatberry Roll/Marg Vanilla Pudding Sour Cream PC 1% Milk	Cheese Ravioli in Marinara Sauce Green Peas Italian Blend Vegetables Breadstick/Marg Fresh Fruit 1% Milk	Baked Cod Loin in Pesto Cream Sauce Mashed Sweet Potatoes Green Beans Dinner Roll/Marg Cinnamon Apples 1% Milk	Chicken Breast & Fiesta Cheese Sauce Refried Beans Fiesta Brown Rice Cinnamon Raisin Bread/Marg Pineapple 1% Milk	Taco Joe Sandwich Potato Ole's Corn Wheat Hamburger Bun Sliced Apricots 1% Milk
Monday 10/30/2017	Tuesday 10/31/2017			
Orange Chicken Stir Fry with Lo Mein Noodles Japanese Blend Vegetables Vegetable Egg Roll Strawberry Applesauce 1% Milk	Mummy Loaf & Goulsh Gravy Dungeon Whipped Potatoes Beastly Broccoli Haunted Honey Wheat Bread & Mysterious Marg. Jack-O-Lantern Bar 1% Milk			

Menus may be subject to change