

**Eastern Nebraska Office on Aging
Congregate Menu
September 2017**



* Items to be heated or microwaved at the centers



Friday 9/1/2017
BBQ Pork Rib Patty on a Hamburger Bun BBQ Baked Beans Potato Salad Choc. Chip Muffin Square or Plain Cake 1% or Skim Milk

Monday 9/4/2017	Tuesday 9/5/2017	Wednesday 9/6/2017	Thursday 9/7/2017	Friday 9/8/2017
Senior Centers Closed 	Baked Cod Loin in Citrus Cream Sauce Twice Baked Mash Potatoes Garden Blend Vegetables* Rye Bread/Margarine Banana Pudding or Diet Pudding 1% or Skim Milk	Meatball Marinara Sub on a Coney Bun Potato Wedges* Italian Vegetables* Emerald Pears 1% or Skim Milk	Creamy Italian Chicken & Tri-Color Pasta Bake Green Beans* Chopped Romain/Dressing Italian Roll/Margarine Peach Crisp or Peaches 1% or Skim Milk	Oven Roasted Pork Loin/Gravy Sweet Potato Mash Creamed Spinach Cinnamon Raisin Bread/Marg. Cinnamon Applesauce 1% or Skim Milk
Monday 9/11/2017	Tuesday 9/12/2017	Wednesday 9/13/2017	Thursday 9/14/2017	Friday 9/15/2017
Tuna Egg Noodle Casserole Green Peas* Tossed Salad/Dressing Wheat Dinner Roll/Marg Fresh Fruit 1% or Skim Milk	Diced Turkey & Gravy over Mashed Potatoes Mixed Vegetables* Marble Rye Bread/Margarine Mandarin Oranges 1% or Skim Milk	Baked Pit Ham* Baked Potato/Sour Cream Capri Vegetable Blend* Wheat Bread/Margarine Decorated Birthday Cake or Plain White Cake 1% or Skim Milk	Open-Faced Roast Beef Sandwich on Wheat Bread Herb Roasted Baby Reds Glazed Beets Oatmeal Raisin Cookie or Diet Cookies 1% or Skim Milk	Chicken Sloppy Joe on a Wheat Hamburger Bun Sweet Pepper Coleslaw Potato Wedges* Fruit Cocktail 1% or Skim Milk
Monday 9/18/2017	Tuesday 9/19/2017	Wednesday 9/20/2017	Thursday 9/21/2017	Friday 9/22/2017
Chicken Marsala Garlic Whip Potatoes Corn Cobette Breadstick/Margarine Sliced Apricots 1% or Skim Milk	Teriyaki Meatballs over Brown Rice Pilaf Japanese Blend Veg.* Diced Carrots* Vienna Bread/Margarine Fortune Cookie Fresh Fruit 1% or Skim Milk	White Chicken Chili Chuckwagon Corn* Tossed Salad/Dressing Cornbread/Margarine Honey Cinnamon Apples 1% or Skim Milk	Beef & Country Potato Cass. Zucchini & Tomatoes Green Beans* Dinner Roll/Margarine Pineapple Tidbits 1% or Skim Milk	Cheeseburger* on a Wheat Hamburger Bun w/ Shred Lettuce & Tomato Scalloped Potatoes Peas* Tapioca Pudding or Diet Pudding 1% or Skim Milk
Monday 9/25/2017	Tuesday 9/26/2017	Wednesday 9/27/2017	Thursday 9/28/2017	Friday 9/29/2017
Meatballs with Stroganoff Gravy over Brown Rice Oregon Blend Vegetable* Pumpnickle/Margarine Strawberry Applesauce 1% or Skim Milk	Cheesy Chicken & Rice Casserole Broccoli* Harvard Beets Honey Wheat Bread/Marg Pear Slices 1% or Skim Milk	Potato Crunch Fish Filet* Tarter Sauce Cheesy Hashbrowns Country Blend Vegetables* Breadstick/Margarine Blueberry Muffin Square or Diet Cookies 1% or Skim Milk	Oven Roasted Turkey w/ Turkey Gravy Herb Mashed Potatoes Sliced Carrots* Wheatberry Roll/Margarine Diced Peaches 1% or Skim Milk	Pork Chop Fritter* Baked Sweet Potato Cauliflower* Dinner Roll/Margarine Fruit Cake or Plain White Cake 1% or Skim Milk

Menus may be subject to change