


**Eastern Nebraska Office on Aging
Meals on Wheels Menu
September 2017**



Friday 9/1/2017
BBQ Pork Rib Patty BBQ Baked Beans Corn Hamburger Bun Choc. Chip Muffin Square 1% Milk

Monday 9/4/2017	Tuesday 9/5/2017	Wednesday 9/6/2017	Thursday 9/7/2017	Friday 9/8/2017
<p align="center"><i>Labor Day Holiday Meals by Reservation Only</i></p> <p align="center">LABOR DAY</p> 	Baked Cod Loin in Citrus Cream Sauce Twice Baked Mash Pot. Garden Blend Vegetables Rye Bread/Margarine Banana Pudding 1% Milk	Meatball Marinara Potato Wedges Italian Vegetables Coney Bun Emerald Pears 1% Milk	Creamy Italian Chicken & Tri-Color Pasta Bake Green Beans Peach Crisp Italian Roll/Margarine Chopped Romaine Salad Dressing 1% Milk	Oven Rst Pork Loin/Gravy Sweet Potato Mash Creamed Spinach Cinn. Raisin Bread/Marg. Cinnamon Applesauce 1% Milk
Monday 9/11/2017	Tuesday 9/12/2017	Wednesday 9/13/2017	Thursday 9/14/2017	Friday 9/15/2017
Tuna Egg Noodle Cass. Green Peas Carrots Wheat Dinner Roll/Marg Fresh Fruit 1% Milk	Diced Turkey & Gravy Mashed Potatoes Mixed Vegetables Marble Rye Bread/Marg Mandarin Oranges 1% Milk	Baked Pit Ham 1/2 Baked Potato Capri Vegetable Blend Wheat Bread/Margarine Birthday Cake Sour Cream 1% Milk	Sliced Roast Beef Herb Roasted Baby Reds Glazed Beets Wheat Bread Oatmeal Raisin Cookie 1% Milk	Chicken Sloppy Joe Potato Wedges Broccoli Wheat Hamburger Bun Fruit Cocktail 1% 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 Lima Beans Breadstick/Margarine Sliced Apricots 1% Milk	Teriyaki Meatballs over Brown Rice Pilaf Japanese Blend Veg. Diced Carrots Vienna Bread/Margarine Fortune Cookies Fresh Fruit 1% Milk	White Chicken Chili Chuckwagon Corn Cinnamon Apples Tossed Salad/DressingPC Cornbread/Margarine 1% Milk	Beef & Country Potato Cass Zuchinni & Tomatoes Green Beans Dinner Roll/Margarine Pineapple Tidbits 1% Milk	Hamburger Scalloped Potatoes Peas Shred Lettuce & Tomato Wheat Hamburger Bun Tapioca Pudding 1% Milk
Monday 9/25/2017	Tuesday 9/26/2017	Wednesday 9/27/2017	Thursday 9/28/2017	Friday 9/29/2017
Meatballs w/ Stroganoff Gravy Brown Rice Oregon Blend Veg. Pumpnickle/Margarine Strawberry Applesauce 1% Milk	Cheesy Chicken & Rice Broccoli Harvard Beets Pear Slices Honey Wheat Bread/Marg 1% Milk	Potato Crunch Fish Filet Cheesy Hashbrowns Country Blend Vegetables Breadstick/Margarine Blueberry Muffin Square Tartar Sauce 1% Milk	Oven Roasted Turkey w/ Turkey Gravy Herb Mashed Potatoes Sliced Carrots Wheatberry Roll/Marg Diced Peaches 1% Milk	Pork Chop Fritter/Gravy Roasted Sweet Potatoes Cauliflower Dinner Roll/Margarine Fruit Cake 1% Milk

Menus may be subject to change