


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

 <p>* Items to be heated or microwaved at the centers</p>				<p align="center"><b>Friday 12/1/2017</b></p> <p>Sloppy Joe Sandwich Potato Wedges* Corn Cobette Wheat Hamburger Bun Sliced Apricots 1% or Skim Milk</p>
<p align="center"><b>Monday 12/4/2017</b></p> <p>Chicken Cordon Bleu &amp; Swiss Mornay Sauce Brown Rice Capri Blend Vegetables* Cinnamon Raisin Bread Peaches 1% or Skim Milk</p>	<p align="center"><b>Tuesday 12/5/2017</b></p> <p>Hamburger Patty w/ Garlic Mushroom Gravy Whipped Potatoes Peas &amp; Pearl Onions* Wheat Bread/Margarine Banana Muffin Square 1% or Skim Milk</p>	<p align="center"><b>Wednesday 12/6/2017</b></p> <p>Oven Roasted Pork Loin/Gravy Baked Sweet Potato Brussels Sprouts* Dinner Roll/Margarine Sugar Cookie or Diet Cookies 1% or Skim Milk</p>	<p align="center"><b>Thursday 12/7/2017</b></p> <p>Potato Crusted Fish* Au gratin Potatoes Glazed Beets Multigrain Bread/Margarine Tropical Fruit Mix 1% or Skim Milk Tartar Sauce</p>	<p align="center"><b>Friday 12/8/2017</b></p> <p>Orange Chicken Stir Fry with Lo Mein Noodles Japanese Blend Veggies* Vegetable Egg Roll* Fortune Cookie Strawberry Applesauce 1% or Skim Milk</p>
<p align="center"><b>Monday 12/11/2017</b></p> <p>Italian Casserole w/ Penne Roasted Baby Carrots Green Beans* Italian Roll/Margarine Chocolate Pudding or Diet Pudding 1% or Skim Milk</p>	<p align="center"><b>Tuesday 12/12/2017</b></p> <p>Turkey Fritter* Red Roasted Potatoes Mixed Vegetables* Vienna Bread/Marg Fresh Fruit 1% or Skim Milk</p>	<p align="center"><b>Wednesday 12/13/2017</b></p> <p>Sliced Roast Beef &amp; Gravy Mashed Potatoes Seasoned Cabbage and Carrots Rye Bread/Margarine Decorated Birthday Cake or Plain White Cake 1% or Skim Milk</p>	<p align="center"><b>Thursday 12/14/2017</b></p> <p>Shredded BBQ Chicken Sandwich BBQ Baked Beans Potato Salad Wheat Hamburger Bun Fruit Cocktail 1% or Skim Milk</p>	<p align="center"><b>Friday 12/15/2017</b></p> <p>Salisbury Steak w/ Brown Gravy Cheesy Hash Brown Potatoes Green Peas Wheat Roll/Margarine Sliced Pears 1% or Skim Milk</p>
<p align="center"><b>Monday 12/18/2017</b></p> <p>Country Fried Steak* &amp; Gravy Garlic Whipped Potatoes Country Blend Vegetables* Vienna Bread/Margarine Mandarin Oranges 1% or Skim Milk</p>	<p align="center"><b>Tuesday 12/19/2017</b></p> <p>All American Beef &amp; Potato Skillet Green Peas* Marble Rye Bread/Marg Peach Crisp or Peaches 1% or Skim Milk</p>	<p align="center"><b>Wednesday 12/20/2017</b></p> <p>Baked Ham* Twiced Baked Mashed Potato Broccoli with Cheese* Wheat Roll/Margarine Cheesecake with Strawberries or Diet Pudding 1% or Skim Milk</p>	<p align="center"><b>Thursday 12/21/2017</b></p> <p>Swedish Meatballs Baked Potato/Sour Cream Stewed Tomatoes Wheat Bread/Margarine Oatmeal Raisin Cookie or Diet Cookie 1% or Skim Milk</p>	<p align="center"><b>Friday 12/22/2017</b></p> <p>Chicken Breast &amp; Fiesta Cheese Sauce Refried Beans Fiesta Brown Rice Cinnamon Raisin Bread/Marg Pineapple 1% or Skim Milk</p>
 <p align="center"><b>Monday 12/25/2017</b></p> <p align="center"><b>Senior Centers Closed</b></p>	<p align="center"><b>Tuesday 12/26/2017</b></p> <p>Baked Cod Loin in Pesto Cream Sauce Mashed Sweet Potatoes Green Beans* Wheat Bread/Margarine Fresh Fruit 1% or Skim Milk</p>	<p align="center"><b>Wednesday 12/27/2017</b></p> <p align="center"><i>Christmas Dinner</i></p> <p>Cheeseburger* on a bun w/ lettuce &amp; tomato Oven Roasted Potatoes Baked beans Tropical Fruit 1% or Skim Milk</p>	<p align="center"><b>Thursday 12/28/2017</b></p> <p>Meatloaf /Gravy Whipped Potatoes Carrots* Vienna Bread/Margarine Lemon Pudding or Diet Pudding 1% or Skim Milk</p>	<p align="center"><b>Friday 12/29/2017</b></p> <p>Cheese Ravioli in Marinara Sauce Tossed Salad/Dressing Italian Blend Vegetables* Breadstick/Margarine Hot Cinnamon Apples 1% or Skim Milk</p>

Menus may be subject to change