





Eastern Nebraska Office on Aging

Congregate Menu

November 2017

		Wednesday 11/1/2017 Baked Ham* Baked Sweet Potatoes Peas & Pearl Onions* Cinnamon Raisin Bread/Marg Mandarin Oranges & Pineapple 1% or Skim Milk	Thursday 11/2/2017 Chicken Cordon Bleu & Swiss Mornay Sauce Brown Rice Capri Blend Vegetables* Wheat Dinner Roll/Margarine Banana Muffin Square 1% or Skim Milk	Friday 11/3/2017 Hamburger Patty w/ Garlic Mushroom Gravy Scalloped Potatoes Parslied Carrots* Wheat Bread/Margarine Chocolate Chip Cookie or Diet Cookies 1% or Skim Milk
Monday 11/6/2017 Chicken Fajitas Chicken Breast Strips Fajita Blend Vegetables* in a Flour Tortilla Shell Chuckwagon Corn Diced Peaches 1% or Skim Milk	Tuesday 11/7/2017 Potato Crusted Fish* Au gratin Potatoes Glazed Beets Dinner Roll/Margarine Tropical Fruit Mix 1% or Skim Milk Tartar Sauce	Wednesday 11/8/2017 Fried Chicken Breast* Whipped Potatoes Chicken Gravy Green Beans* Multigrain Bread/Margarine Decorated Birthday Cake or Plain White Cake 1% or Skim Milk	Thursday 11/9/2017 Beef & 3 Bean Chili Baked Potato/Sour Cream Tossed Salad/Dressing PC Cornbread /Marg/Honey Hot Cinnamon Apples 1% or Skim Milk	
Monday 11/13/2017 Turkey Fritter* Red Roasted Potatoes Mixed Vegetables* Vienna Bread/Marg Fresh Fruit 1% or Skim Milk	Tuesday 11/14/2017 Italian Casserole w/ Penne Roasted Baby Carrots Green Beans* Italian Roll/Margarine Butterscotch Pudding or Diet Pudding 1% or Skim Milk	Wednesday 11/15/2017 Meatballs w/ Brown Gravy Cheesy Hash Brown Potatoes Green Peas Wheat Roll/Margarine Sliced Pears 1% or Skim Milk	Thursday 11/16/2017 Sliced Roast Beef & Gravy Mashed Potatoes Seasoned Cabbage & Carrots Rye Bread/Margarine Peanut Butter Cookie or Diet Cookies 1% or Skim Milk	Friday 11/17/2017 Shredded BBQ Chicken Sandwich BBQ Baked Beans Potato Salad Wheat Hamburger Bun Fruit Cocktail 1% or Skim Milk
Monday 11/20/2017 All American Beef & Potato Skillet California Blend Veg.* Marble Rye Bread/Marg Peach Crisp or Peaches 1% or Skim Milk	Tuesday 11/21/2017 Country Fried Steak* & Gravy Garlic Whipped Potatoes Country Blend Vegetables* Vienna Bread/Margarine Mandarin Oranges 1% or Skim Milk	Wednesday 11/22/2017 Turkey Breast with Gravy Bread Dressing Whipped Potatoes Green Peas w/ Onions* Cranberry Sauce Dinner Roll/Margarine Pumpkin Pie w/Whipped Topping or Diet Pudding 1% or Skim Milk		
Monday 11/27/2017 Baked Cod Loin in Pesto Cream Sauce Mashed Sweet Potatoes Green Beans* Wheat Bread/Margarine Fresh Fruit 1% or Skim Milk	Tuesday 11/28/2017 Swedish Meatballs Baked Potato/Sour Cream Stewed Tomatoes Wheatberry Roll/Margarine Vanilla Pudding or Diet Pudding 1% or Skim Milk	Wednesday 11/29/2017 Cheese Ravioli in Marinara Sauce Tossed Salad/Dressing Italian Blend Vegetables* Breadstick/Margarine Hot Cinnamon Apples 1% or Skim Milk	Thursday 11/30/2017 Chicken Breast & Fiesta Cheese Sauce Refried Beans Fiesta Brown Rice Cinnamon Raisin Bread/Marg Pineapple 1% or Skim Milk	 <p>* Items to be heated or microwaved at the centers</p>

Menus may be subject to change