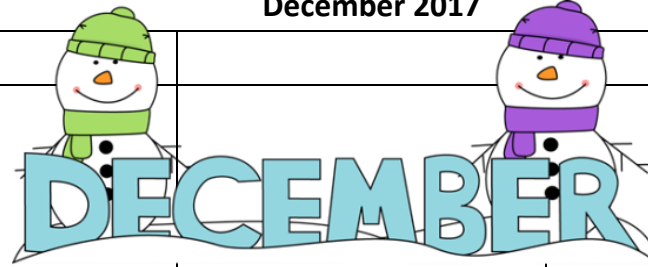



Eastern Nebraska Office on Aging

Meals on Wheels Menu

December 2017



				<p>Friday 12/1/2017 Sloppy Joe Potato Wedges Corn Wheat Hamburger Bun Sliced Apricots 1% Milk</p>
<p>Monday 12/4/2017 Chicken Cordon Bleu & Swiss Mornay Sauce Brown Rice Capri Blend Vegetables Cinnamon Raisin Bread/Marg Peaches 1% Milk</p>	<p>Tuesday 12/5/2017 Hamburger Patty w/ Garlic Mushroom Gravy Whipped Potatoes Peas & Pearl Onions Wheat Bread/Margarine Banana Muffin Square 1% Milk</p>	<p>Wednesday 12/6/2017 Oven Roasted Pork Loin/Gravy Baked Sweet Potato Brussels Sprouts Dinner Roll/Margarine Sugar Cookie 1% Milk</p>	<p>Thursday 12/7/2017 Potato Crusted Fish Au gratin Potatoes Glazed Beets Multigrain Bread/Margarine Tropical Fruit Mix Tartar Sauce 1% Milk</p>	<p>Friday 12/8/2017 Orange Chicken Stir Fry with Lo Mein Noodles Japanese Blend Veggies Vegetable Egg Roll Strawberry Applesauce 1% Milk</p>
<p>Monday 12/11/2017 Italian Casserole w/ Penne Roasted Baby Carrots Green Beans Italian Roll/Margarine Chocolate Pudding 1% Milk</p>	<p>Tuesday 12/12/2017 Turkey Fritter Red Roasted Potatoes Mixed Vegetables Vienna Bread/Marg Fresh Fruit 1% Milk</p>	<p>Wednesday 12/13/2017 Sliced Roast Beef & Gravy Mashed Potatoes Seasoned Cabbage & Carrots Rye Bread/Margarine Plain Cake 1% Milk</p>	<p>Thursday 12/14/2017 Shredded BBQ Chicken BBQ Baked Beans Corn Wheat Hamburger Bun Fruit Cocktail 1% Milk</p>	<p>Friday 12/15/2017 Salisbury Steak w/ Brown Gravy Cheesy Hash Brown Potatoes Green Peas Wheat Roll/Margarine Sliced Pears 1% Milk</p>
<p>Monday 12/18/2017 Country Fried Steak & Gravy Garlic Whipped Potatoes Country Blend Vegetables Vienna Bread/Margarine Mandarin Oranges 1% Milk</p>	<p>Tuesday 12/19/2017 All American Beef & Potato Skillet Green Peas Peach Crisp Marble Rye Bread/Marg 1% Milk</p>	<p>Wednesday 12/20/2017 Baked Ham Twice Baked Mashed Potato Broccoli with Cheese Wheat Roll/Margarine Strawberry Cheesecake Pudding 1% Milk</p>	<p>Thursday 12/21/2017 Swedish Meatballs Baked Potato Stewed Tomatoes Wheat Bread/Margarine Oatmeal Raisin Cookie Sour Cream 1% Milk</p>	<p>Friday 12/22/2017 Chicken Breast & Fiesta Cheese Sauce Refried Beans Fiesta Brown Rice Cinnamon Raisin Bread/Marg Pineapple 1% Milk</p>
<p>Monday 12/25/2017 <i>Holiday Meal by Reservation Only</i> </p>	<p>Tuesday 12/26/2017 Baked Cod Loin in Pesto Cream Sauce Mashed Sweet Potatoes Green Beans Wheat Bread/Margarine Fresh Fruit 1% Milk</p>	<p>Wednesday 12/27/2017 Hamburger Oven Roasted Potatoes Baked Beans Wheat Hamburger Bun Lettuce & tomato Tropical Fruit 1% Milk</p>	<p>Thursday 12/28/2017 Meatloaf /Gravy Whipped Potatoes Carrots Vienna Bread/Margarine Lemon Pudding 1% Milk</p>	<p>Friday 12/29/2017 Cheese Ravioli in Marinara Sauce Italian Blend Vegetables Cinnamon Apples Tossed Salad/Dressing PC Breadstick/Margarine 1% Milk</p>

Menus may be subject to change