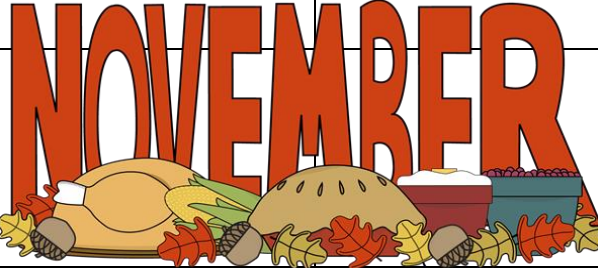



Eastern Nebraska Office on Aging

Meals on Wheels Menu

November 2017

		Wednesday 11/1/2017 Baked Ham Baked Sweet Potato Peas & Pearl Onions Cinnamon Raisin Brd/Marg Mandarin Oranges & Pineapple 1% Milk	Thursday 11/2/2017 Chicken Cordon Bleu & Swiss Mornay Sauce Brown Rice Capri Blend Vegetables Wheat Dinner Roll/Margarine Banana Muffin Square 1% Milk	Friday 11/3/2017 Hamburger Patty w/ Garlic Mushroom Gravy Scalloped Potatoes Parslied Carrots Wheat Bread/Margarine Chocolate Chip Cookie 1% Milk
		Monday 11/6/2017 Chicken Fajitas Chicken Breast Strips Fajita Blend Vegetables Chuckwagon Corn Flour Tortilla Shell Diced Peaches 1% Milk	Tuesday 11/7/2017 Potato Crusted Fish Au gratin Potatoes Glazed Beets Dinner Roll/Margarine Tropical Fruit Mix Tartar Sauce 1% Milk	Wednesday 11/8/2017 Breaded Chicken Patty/Gravy Whipped Potatoes Green Beans Multigrain Bread/Margarine Plain Cake 1% Milk
Monday 11/13/2017 Turkey Fritter Red Roasted Potatoes Mixed Vegetables Vienna Bread/Marg Fresh Fruit 1% Milk	Tuesday 11/14/2017 Italian Casserole w/ Penne Roasted Baby Carrots Green Beans Italian Roll/Margarine Butterscotch Pudding 1% Milk	Wednesday 11/15/2017 Meatballs w/ Brown Gravy Cheesy Hash brown Potatoes Green Peas Wheat Roll/Margarine Sliced Pears 1% Milk	Thursday 11/16/2017 Sliced Roast Beef & Gravy Mashed Potatoes Seasoned Cabbage & Carrots Rye Bread/Margarine Peanut Butter Cookie 1% Milk	Friday 11/17/2017 Shredded BBQ Chicken BBQ Baked Beans Corn Wheat Hamburger Bun Fruit Cocktail 1% Milk
Monday 11/20/2017 All American Beef & Potato Skillet California Blend Veg. Peach Crisp Marble Rye Bread/Marg 1% Milk	Tuesday 11/21/2017 Country Fried Steak & Gravy Garlic Whipped Potatoes Country Blend Vegetables Vienna Bread/Margarine Mandarin Oranges 1% Milk	Wednesday 11/22/2017 Turkey Breast with Gravy Bread Dressing Whipped Potatoes Green Peas w/ Onions Dinner Roll/Margarine Pumpkin Dessert 1% Milk	Thanksgiving Day No Meals Served  Happy Thanksgiving	Friday 11/24/2017 Roast Beef & Cheddar Wheat Bread(2x) Broccoli Salad Applesauce Strawberry Delight 1% Milk
Monday 11/27/2017 Baked Cod Loin in Pesto Cream Sauce Mashed Sweet Potatoes Green Beans Wheat Bread/Margarine Fresh Fruit 1% Milk	Tuesday 11/28/2017 Swedish Meatballs Baked Potato/Sour Cream Stewed Tomatoes Wheatberry Roll/Margarine Vanilla Pudding 1% Milk	Wednesday 11/29/17 Cheese Ravioli in Marinara Sauce Italian Blend Vegetables Cinnamon Apples Tossed Salad/Dressing PC Breadstick/Margarine 1% Milk	Thursday 11/30/17 Chicken Breast & Fiesta Cheese Sauce Refried Beans Fiesta Brown Rice Cinnamon Raisin Bread/Marg Pineapple 1% Milk	

Menus may be subject to change