




Eastern Nebraska Office on Aging

Congregate Menu

January 2018

Monday 1/1/2018	Tuesday 1/2/2018	Wednesday 1/3/2018	Thursday 1/4/2018	Friday 1/5/2018
New Years Day Holiday 	Meatballs in Marinara Sauce Creamed Spinach Corn Wheatberry Roll/Marg Fresh Fruit 1% or Skim Milk	Polish Sausage Sauerkraut Cheesy Whipped Potatoes Pumpkin Bread Slice/Marg Fruited Gelatin(Red or Green) or Diet Fruited Gelatin 1% or Skim Milk	Teriyaki Chicken Breast Brown Rice Pilaf Oriental Blend Vegetables Honey Wheat Bread/Marg Chocolate Chip Muffin or Plain white cake 1% or Skim Milk	Grilled Turkey Burger Leaf Lettuce/Sliced Tomato BBQ Baked Beans Coleslaw (Cong) Cauliflower (HDM) Hamburger Bun Pineapple Rings 1% or Skim Milk
Monday 1/8/2018	Tuesday 1/9/2018	Wednesday 1/10/2018	Thursday 1/11/2018	Friday 1/12/2018
Salisbury Steak w/ Gravy Oven Roasted Baby Reds Broccoli Hearth Roll/Marg (387) Brownie 1% or Skim Milk	Pork Fritter Scalloped Potatoes Green Beans Sour Dough Dinner Roll/Marg(391) Fresh Fruit 1% or Skim Milk	Turkey Roast & Gravy Mashed Potatoes Peas & Carrots Vienna Bread Slice/Marg Decorated Birthday Cake or Plain White Cake 1% or Skim Milk Carton	Ham & Northern Beans Glazed Beets Cornbread/Marg Peaches 1% or Skim Milk	Soft Shell Beef Taco Taco Meat/Sour Cream PC Shred Let/Shred Cheese Diced Tomato/Diced Onion Refried Beans Flour Tortilla Shell Cinnamon Apples 1% or Skim Milk
Monday 1/15/2018	Tuesday 1/16/2018	Wednesday 1/17/2018	Thursday 1/18/2018	Friday 1/19/2018
Martin Luther King Holiday Senior Center Closed 	Diced Ham & Au gratin Potato Broccoli & Cauliflower Petite Roll/Marg Spiced Pears 1% or Skim Milk	Chicken Breast & Peanut Sauce Japanese Vegetable Blend Vegetable Egg Roll Fortune Cookie Plum Halves 1% or Skim Milk	Beef Enchilada & Rice Casserole Mexican Corn Tossed Salad/Dressing PC Multi-Grain Bread Slice/Marg Cherry Cobbler or Sliced Peaches 1% or Skim Milk	BBQ Meatballs Potato Wedges Mixed Vegetables Breadstick/Marg Oatmeal Raisin Cookie or Diet Cookies 1% or Skim Milk
Monday 1/22/2018	Tuesday 1/23/2018	Wednesday 1/24/2018	Thursday 1/25/2018	Friday 1/26/2018
Chicken Broccoli Supreme Casserole w/ Penne Italian Blend Vegetables Italian Roll/Marg Cinnamon Applesauce 1% or Skim Milk	Liver w/Onion Gravy (Cong) Whipped Potatoes Green Beans Biscuit/Marg/HoneyPC Chocolate Chip Cookie or Diet Cookies 1% or Skim Milk	10 Grain Fish Filet Tossed Salad/Dressing PC Broccoli & Corn Casserole Breadstick/Marg Hot Spiced Cinnamon Apples Tartar Sauce 1% or Skim Milk	Breaded Chicken Sandwich Shred Lettuce/Sliced Tomato Twice Baked Mashed Potatoes Diced Carrots Wheat Hamburger Bun Mandarin Oranges 1% or Skim Milk	Roast Pork Loin w/ Gravy Roasted Red Potatoes Zucchini & Tomatoes Vienna Bread Slice/Marg Butterscotch Pudding or Diet Pudding 1% or Skim Milk
Monday 1/29/2018	Tuesday 1/30/2018	Wednesday 1/31/2018		
Cheesy Beefy Joe Sandwich Au gratin Potatoes Green Beans Kaiser Bun Sugar Cookie or Vanilla Waffers 1% or Skim Milk	Macaroni & Cheese Green Peas 1/2 Baked Sweet Potato Rye Bread Slice/Marg Fruit Mix 1% or Skim Milk	Sliced Roast Beef & Gravy Baked Potato/Sour Cream PC Brussel Sprouts Dinner Roll/Marg Fresh Fruit 1% or Skim Milk		

Menus may be subject to change