




**Eastern Nebraska Office on Aging**

**Meals on Wheels Menu**

**January 2018**

<b>Monday 1/1/2018</b>	<b>Tuesday 1/2/2018</b>	<b>Wednesday 1/3/2018</b>	<b>Thursday 1/4/2018</b>	<b>Friday 1/5/2018</b>
<p><i>Meals by Reservation Only</i></p> 	Meatballs in Marinara Sauce Creamed Spinach Corn Wheatberry Roll/Marg Fresh Fruit 1% Milk	Polish Sausage Sauerkraut Cheesy Whipped Potatoes Pumpernickle Bread Slice/Marg Fruited Gelatin 1% Milk	Teriyaki Chicken Breast Brown Rice Pilaf Oriental Blend Vegetables Honey Wheat Bread/Marg Chocolate Chip Muffin 1% Milk	Grilled Turkey Burger BBQ Baked Beans Cauliflower Leaf Lettuce/Sliced Tomato Hamburger Bun Pineapple Rings 1% Milk
<b>Monday 1/8/2018</b>	<b>Tuesday 1/9/2018</b>	<b>Wednesday 1/10/2018</b>	<b>Thursday 1/11/2018</b>	<b>Friday 1/12/2018</b>
Salisbury Steak w/ Gravy Oven Roasted Baby Reds Broccoli Hearth Roll/Marg Brownie 1% Milk	Pork Fritter Scalloped Potatoes Green Beans Sour Dough Dinner Roll/Marg Fresh Fruit 1% Milk	Turkey Roast & Gravy Mashed Potatoes Peas & Carrots Vienna Bread Slice/Marg Plain Cake 1% Milk	Ham & Northern Beans Glazed Beets Peaches Cornbread/Marg 1% Milk	Beef Taco Meat Refried Beans Cinnamon Apples Shred Let/Shred Cheese Diced Tomato Flour Tortilla Shell Sour Cream 1% Milk
<b>Monday 1/15/2018</b>	<b>Tuesday 1/16/2018</b>	<b>Wednesday 1/17/2018</b>	<b>Thursday 1/18/2018</b>	<b>Friday 1/19/2018</b>
<p><i>Meals by Reservation Only</i></p> 	Diced Ham & Au gratin Potato Casserole Broccoli & Cauliflower Spiced Pears Petite Roll/Marg 1% Milk	Chicken Breast & Peanut Sauce Japanese Vegetable Blend Vegetable Egg Roll Plum Halves 1% Milk	Beef Enchilada & Rice Casserole Mexican Corn Cherry Cobbler Tossed Salad/Dressing PC Multi-Grain Bread Slice/Marg 1% Milk	BBQ Meatballs Potato Wedges Mixed Vegetables Breadstick/Marg Oatmeal Cookies 1% Milk
<b>Monday 1/22/2018</b>	<b>Tuesday 1/23/2018</b>	<b>Wednesday 1/24/2018</b>	<b>Thursday 1/25/2018</b>	<b>Friday 1/26/2018</b>
Chicken Broccoli Supreme Casserole w/ Penne Italian Blend Vegetables Cinnamon Applesacue Italian Roll/Marg 1% Milk	Hamburger Patty w/ Gravy Whipped Potatoes Green Beans Biscuit/Mar Chocolate Chip Cookie 1% Milk	10 Grain Fish Filet Broccoli & Corn Casserole Hot Spiced Cinnamon Apples Tossed Salad/Dressing PC Breadstick/Marg Tartar Sauce 1% Milk	Breaded Chicken Patty Twice Baked Mashed Potatoes Diced Carrots Shred Lettuce/Sliced Tomato Wheat Hamburger Bun Mandarin Oranges 1% Milk	Roast Pork Loin w/ Gravy Roasted Red Potatoes Zucchini & Tomatoes Vienna Bread Slice/Marg Butterscotch Pudding 1% Milk
<b>Monday 1/29/2018</b>	<b>Tuesday 1/30/2018</b>	<b>Wednesday 1/31/2018</b>		
Cheesy Beefy Joe Au gratin Potatoes Green Beans Kaiser Bun C Sugar Cookie 1% Milk	Macaroni & Cheese Green Peas 1/2 Baked Sweet Potato Rye Bread Slice/Marg Fruit Mix 1% Milk	Sliced Roast Beef & Gravy Baked Potato/Sour Cream PC Brussel Sprouts Dinner Roll/Marg C Fresh Fruit 1% Milk		