






**Eastern Nebraska Office on Aging
Congregate Menu
February 2018**

 <p>* Items to be heated or microwaved at the centers</p>			<p align="center">Thursday 2/1/2018</p> <p>Meatballs in Marinara Sauce Creamed Spinach Corn* Wheatberry Roll/Margarine Lemon Pudding or Diet Pudding 1% or Skim Milk</p>	<p align="center">Friday 2/2/2018</p> <p>Polish Sausage* Sauerkraut* Cheesy Whipped Potatoes Pumpnickle Bread/Margarine Fruited Gelatin or Diet Fruited Gelatin 1% or Skim Milk</p>
<p align="center">Monday 2/5/2018</p> <p>Teriyaki Chicken Breast Brown Rice Pilaf Oriental Blend Vegetables* Honey Wheat Bread/Marg Brownie or Diet Cookies 1% or Skim Milk</p>	<p align="center">Tuesday 2/6/2018</p> <p>Soft Shell Beef Taco* in a Flour Tortilla w/ Shred Let/Shred Cheese & Diced Tomatoes Refried Beans Cinnamon Apples 1% or Skim Milk</p>	<p align="center">Wednesday 2/7/2018</p> <p>Salisbury Steak w/ Gravy Oven Roasted Baby Reds Broccoli* Hearth Roll/Marg arine Fresh Fruit 1% or Skim Milk</p>	<p align="center">Thursday 2/8/2018</p> <p>Pork Fritter* Scalloped Potatoes Green Beans* Sour Dough Dinner Roll/Marg Peanut Butter Cookie or Diet Cookie 1% or Skim Milk</p>	<p align="center">Friday 2/9/2018</p> <p>Turkey Roast & Gravy Mashed Potatoes Peas & Carrots* Vienna Bread/Margarine Cranberry Applesauce or Plain Applesauce 1% or Skim Milk</p>
<p align="center">Monday 2/12/2018</p> <p>BBQ Meatballs Potato Wedges* Country Vegetables* Breadstick/Margarine Oatmeal Raisin Cookie or Diet Cookies 1% or Skim Milk</p>	<p align="center">Tuesday 2/13/2018</p> <p>Ham & Northern Beans Glazed Beets Cornbread/Margarine Peaches 1% or Skim Milk</p>	<p align="center">Wednesday 2/14/2018</p> <p>Baked Cod in Garlic Cream Sauce Twice Baked Whipped Potatoes Green Peas* Multi Grain Bread/Margarine Tartar Sauce Decorated Birthday Cake or Plain White Cake 1% or Skim Milk Ash Wednesday</p> 	<p align="center">Thursday 2/15/2018</p> <p>Grilled Turkey Burger on a Wheat Bun Leaf Lettuce/Sliced Tomato BBQ Baked Beans Coleslaw Pineapple Rings 1% or Skim Milk</p>	<p align="center">Friday 2/16/2018</p> <p>Macaroni & Cheese Broccoli* 1/2 Baked Sweet Potato Rye Bread Slice/Margarine Fruit Mix 1% or Skim Milk</p>
<p align="center">Monday 2/19/2018</p>  <p align="center">Senior Centers Closed</p>	<p align="center">Tuesday 2/20/2018</p> <p>Hamburger Patty w/Onion Gravy Whipped Potatoes Cabbage Biscuit/Margarine/Honey Fresh Fruit 1% or Skim Milk</p>	<p align="center">Wednesday 2/21/2018</p> <p>Diced Ham & Au gratin Potato Casserole Baby Carrots Petite Roll/Margarine Spiced Pears 1% or Skim Milk</p>	<p align="center">Thursday 2/22/2018</p> <p>Sliced Roast Beef & Gravy Baked Potato/Sour Cream Cauliflower* Dinner Roll/Margarine Chocolate Chip Cookie or Diet Cookies 1% or Skim Milk</p>	<p align="center">Friday 2/23/2018</p> <p>Breaded Fish* on a Wheat Bun Tartar Sauce Roasted Red Potatoes Green Beans* Mandarin Oranges 1% or Skim Milk</p>
<p align="center">Monday 2/26/2018</p> <p>Chicken Breast & Peanut Sauce Potato Medley Japanese Vegetable Blend* Dinner Roll/Margarine Fortune Cookie Plum Halves 1% or Skim Milk</p>	<p align="center">Tuesday 2/27/2018</p> <p>Roast Pork Loin w/ Gravy Whipped Potatoes Zucchini & Tomatoes* Vienna Bread/Margarine Butterscotch Pudding or Diet Pudding 1% or Skim Milk</p>	<p align="center">Wednesday 2/28/2018</p> <p>Beef Enchilada & Rice Casserole Mexican Corn* Tossed Salad/Dressing Multi-Grain Bread/Margarine Cherry Cobbler or Sliced Peaches 1% or Skim Milk</p>		

Menus may be subject to change