






**Eastern Nebraska Office on Aging
Meals on Wheels Menu
February 2018**

				<p align="center">Thursday 2/1/2018</p> <p>Meatball in Marinara Sauce Creamed Spinach Corn Wheatberry Roll/Marg Lemon Pudding 1% Milk</p>	<p align="center">Friday 2/2/2018</p>  <p>Polish Sausage Sauerkraut Cheesy Whipped Potatoes Pumpnickle Bread Slice/Marg Fruited Gelatin 1% 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 1% Milk</p>	<p align="center">Tuesday 2/6/2018</p> <p>Beef Taco Meat Refried Beans Cinnamon Apples Shred Let/Shred Cheese/Tomatoes Flour Tortilla Shell 1% Milk</p>	<p align="center">Wednesday 2/7/2018</p> <p>Salisbury Steak w/ Gravy Oven Roasted Baby Reds Broccoli Hearth Roll/Marg Fresh Fruit 1% 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 1% Milk</p>	<p align="center">Friday 2/9/2018</p> <p>Turkey Roast & Gravy Whipped Potatoes Peas & Carrots Vienna Bread Slice/Marg Cranberry Applesauce 1% Milk</p>	
<p align="center">Monday 2/12/2018</p> <p>BBQ Meatballs Potato Wedges Country Vegetables Breadstick/Marg Oatmeal Raisin Cookie 1% Milk</p>	<p align="center">Tuesday 2/13/2018</p> <p>Ham & Northern Beans Glazed Beets Peaches Cornbread/Marg 1% 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 Plain White Cake 1% Milk</p> <p align="center"><i>Ash Wednesday</i></p>	<p align="center">Thursday 2/15/2018</p> <p>Grilled Turkey Burger BBQ Baked Beans Cabbage Leaf Lettuce/Sliced Tomato Hamburger Bun Pineapple Rings 1% Milk</p>	<p align="center">Friday 2/16/2018</p> <p>Macaroni & Cheese Broccoli 1/2 Baked Sweet Potato Rye Bread Slice/Marg Fruit Mix 1% Milk</p>	
<p align="center">Monday 2/19/2018</p> <p align="center"><i>Meals by Reservation Only</i></p> 	<p align="center">Tuesday 2/20/2018</p> <p>Hamburger Patty w/Onion Gravy Whipped Potatoes Cabbage Biscuit/Marg Fresh Fruit 1% Milk</p>	<p align="center">Wednesday 2/21/2018</p> <p>Diced Ham & Au gratin Casserole Baby Carrots Spiced Pears Petite Roll/Marg 1% Milk</p>	<p align="center">Thursday 2/22/2018</p> <p>Sliced Roast Beef & Gravy Baked Potato Cauliflower Dinner Roll/Marg Chocolate Chip Cookie Sour Cream 1% Milk</p>	<p align="center">Friday 2/23/2018</p> <p>Breaded Fish Square Roasted Red Potatoes Green Beans Wheat Hamburger Bun Mandarin Oranges Tartar Sauce 1% Milk</p>	
<p align="center">Monday 2/26/2018</p> <p>Chicken Breast & Peanut Sauce Potato Medley Japanese Vegetable Blend Dinner Roll/Margarine Plum Halves 1% Milk</p>	<p align="center">Tuesday 2/27/2018</p> <p>Roast Pork Loin w/ Gravy Whipped Potatoes Zucchini & Tomatoes Vienna Bread Slice/Marg Butterscotch Pudding 1% Milk</p>	<p align="center">Wednesday 2/28/2018</p> <p>Beef Enchilada & Rice Casserole Mexican Corn Cherry Cobbler Tossed Salad/Dressing PC Multi-Grain Bread Slice/Marg 1% Milk</p>			

Menus may be subject to change