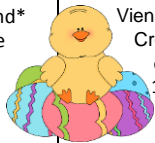


**Eastern Nebraska Office on Aging
Congregate Menu
March 2018**



			Thursday 3/1/2018	Friday 3/2/2018
			Cheesy Beefy Joe on a Kaiser Bun Augratin Potatoes Mixed Vegetables* Sugar Cookie or Diet Cookies 1% or Skim Milk	Tuna & Noodle Casserole Green Peas* Carrots Wheat Dinner Roll/Margarine Pineapple 1% or Skim Milk
Monday 3/5/2018	Tuesday 3/6/2018	Wednesday 3/7/2018	Thursday 3/8/2018	Friday 3/9/2018
Meatballs in Marinara Sauce Creamed Spinach Corn* Breadstick/Margarine Fresh Fruit 1% or Skim Milk	Pork Fritter* Scalloped Potatoes Broccoli* Multi Grain Bread/Margarine Brownie or Diet Cookie 1% or Skim Milk	Teriyaki Chicken Breast Brown Rice Pilaf Oriental Blend Vegetables* Hearth Roll/Margarine Apricots 1% or Skim Milk	Salisbury Steak w/ Gravy Oven Roasted Baby Reds Green Beans* Honey Wheat Bread/Margarine Chocolate Chip Muffin 1% or Skim Milk	Cheese Ravoli w/ Marinara Sauce Tossed Salad/Dressing Brussel Sprouts* Italian Roll/Margarine Hot Cinnamon Apples 1% or Skim Milk
Monday 3/12/2018	Tuesday 3/13/2018	Wednesday 3/14/2018	Thursday 3/15/2018	Friday 3/16/2018
Ham & Northern Beans Glazed Beets Cornbread/Margarine Peaches 1% or Skim Milk	Grilled Turkey Burger* on a Wheat Bun w/ Leaf Lettuce/Sliced Tomato BBQ Baked Beans Coleslaw Pineapple Rings 1% or Skim Milk	Turkey Roast & Gravy Whipped Potatoes Country Vegetables* Vienna Bread/Margarine Decorated Birthday Cake or Plain White Cake 1% or Skim Milk	BBQ Meatballs Potato Wedges* Lima Beans* Sourdough Dinner Roll/Margarine Oatmeal Raisin Cookie or Diet Cookies 1% or Skim Milk	Corned Beef* Cabbage & Carrots Red Skin Potatoes Rye Bread/Margarine Emerald Pudding or Diet Pudding 1% or Skim Milk
Monday 3/19/2018	Tuesday 3/20/2018	Wednesday 3/21/2018	Thursday 3/22/2018	Friday 3/23/2018
Chicken Broccoli Supreme Casserole w/ Penne Stewed Tomatoes Italian Roll/Margarine Spiced Pears 1% or Skim Milk	Sliced Roast Beef & Gravy Baked Potato/Sour Cream Cabbage Petite Roll/Margarine Fresh Fruit 1% or Skim Milk	Soft Shell Beef Taco* in a Flour Tortilla w/Shred Lettuce/Shred Cheese & Diced Tomatoes Sour Cream & Taco Sauce Refried Beans Cinnamon Applesauce 1% or Skim Milk	Baked Ham* Baked Sweet Potato Green Peas* Wheat Bread/Margarine Lemon Bar or Diet Cookies 1% or Skim Milk	Baked Cod in Garlic Cream Sauce Twice Baked Whipped Potatoes Green Beans* Wheat Berry Roll/Margarine Mandarin Oranges 1% or Skim Milk
Monday 3/26/2018	Tuesday 3/27/2018	Wednesday 3/28/2018	Thursday 3/29/2018	Friday 3/30/2018
Hamburger Patty w/Onion Gravy Whipped Potatoes Mixed Vegetable* Biscuit/Margarine/Honey Chocolate Chip Cookie or Diet Cookies 1% or Skim Milk	Chicken Breast & Peanut Sauce Potato Medley Japanese Vegetable Blend* Dinner Roll/Margarine Fortune Cookie Plum Halves 1% or Skim Milk	Roast Pork Loin w/ Gravy Roasted Red Potatoes Cauliflower Augratin* Vienna Bread/Margarine Creamsicle Pudding or Diet Pudding 1% or Skim Milk	Beef Enchilada & Rice Casserole Mexican Corn* Tossed Salad/Dressing PC Multi-Grain Bread/Margarine Cherry Cobbler or Sliced Peaches 1% or Skim Milk	10 Grain Fish* w/ Tartar Sauce Augratin Potatoes Zucchini & Tomatoes* Cornbread/Margarine Tropical Fruit 1% or Skim Milk



Easter Dinner

Good Friday

Menus may be subject to change