




Eastern Nebraska Office on Aging

Meals on Wheels Menu

March 2018

| | | | Thursday 3/1/2018 | Friday 3/2/2018 |
|---|--|---|---|--|
| |  |  | Cheesy Beefy Joe Augratin Potatoes Mixed Vegetables Kaiser Bun Sugar Cookie 1% Milk | Tuna & Noodle Casserole Green Peas Carrots Wheat Dinner Roll/Margarine Pineapple 1% 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/Marg Fresh Fruit 1% Milk | Pork Fritter Scalloped Potatoes Broccoli Multi Grain Bread/Marg Brownie 1% Milk | Teriyaki Chicken Breast Brown Rice Pilaf Oriental Blend Vegetables Hearth Roll/Margarine Apricots 1% Milk | Salisbury Steak w/ Gravy Oven Roasted Baby Reds Green Beans Honey Wheat Bread/Marg Chocolate Chip Muffin 1% Milk | Cheese Ravoli w/ Marinara Sauce Brussel Sprouts Hot Spiced Cinnamon Apples Tossed Salad/Dressing PC Italian Roll/Marg 1% 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 Peaches Cornbread/Margarine 1% Milk | Grilled Turkey Burger BBQ Baked Beans Cauliflower Leaf Lettuce/Sliced Tomato Hamburger Bun Pineapple Rings 1% Milk | Turkey Roast & Gravy Whipped Potatoes Country Vegetables Vienna Bread Slice/Margarine Plain Cake 1% Milk | BBQ Meatballs Potato Wedges Lima Beans Sourdough Dinner Roll/Marg Oatmeal Raisin Cookie 1% Milk | Potato Crusted Fish Carrots Red Skin Potatoes Rye Bread Slice/Marg Emerald Pudding Tartar Sauce 1% 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 Spiced Pears Italian Roll/Margarine 1% Milk | Sliced Roast Beef & Gravy Baked Potato Cabbage Petite Roll/Margarine Fresh Fruit Sour Cream 1% Milk | Taco Meat Refried Beans Cinnamon Applesauce Shred Let/Shred Cheese/Tomatoes Flour Tortilla Taco Sauce 1% Milk | Baked Ham Baked Sweet Potato Green Peas Wheat Bread/Margarine Lemon Bar 1% Milk | Baked Cod in Garlic Cream Sauce Twice Baked Whipped Potatoes Green Beans Wheat Berry Roll/Margarine Mandarin Oranges 1% 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 Chocolate Chip Cookie 1% Milk | Chicken Breast & Peanut Sauce Potato Medley Japanese Vegetable Blend Dinner Roll/Margarine Plum Halves 1% Milk | Roast Pork Loin w/ Gravy Roasted Red Potatoes Cauliflower Augratin Vienna Bread/Margarine Creamsicle Pudding 1% Milk | Beef Enchilada & Rice Casserole Mexican Corn Cherry Cobbler Tossed Salad/Dressing PC Multi-Grain Bread Slice/Marg 1% Milk | 10 Grain Fish Augratin Potatoes Zucchini & Tomatoes Cornbread/Margarine Tropical Fruit Tartar Sauce 1% Milk |
| | |  | | |
| | | <i>Easter Dinner</i> | | <i>Good Friday</i> |

Menus may be subject to change