

Eastern Nebraska Office on Aging

Congregate Menu

April 2018

Monday 4/2/2018	Tuesday 4/3/2018	Wednesday 4/4/2018	Thursday 4/5/2018	Friday 4/6/2018
Beef Taco Salad Taco Meat*/Shredded Cheese Diced Tomatoes/Diced Onions Shredded Lettuce Cowboy Caviar Tortilla Chip/Sour Cream/Taco Sauce Mandarin Oranges 1% or Skim Milk	Beef & Tater Tot Casserole Diced Carrots* Romain Blend Salad/Dressing Dinner Roll/Margarine Cinnamon Pears or Diet Pudding 1% or Skim Milk	Spicy Chicken Breast Sandwich Kaiser Bun Leaf Lettuce/Pickle Slices Tomato, Cucumber & Onion Salad Baked Beans Tropical Fruit 1% or Skim Milk	Swiss Steak & Vegetable Gravy Garlic Mashed Potatoes Succotash* Petite Roll/Margarine Strawberry Muffin Square or Diet Cookies 1% or Skim Milk	Ham w/ Citrus Glaze* Au Gratin Potatoes Green Peas* Breadstick/Margarine Pineapple 1% or Skim Milk
Monday 4/9/2018	Tuesday 4/10/2018	Wednesday 4/11/2018	Thursday 4/12/2018	Friday 4/13/2018
Meatball Stroganoff with Egg Noodles Green Beans* Corn O'Brien Whole Wheat Bread Slice/Marg Fresh Orange 1% or Skim Milk	Chicken & Dumplings Oven Roasted Vegetables Stewed Tomatoes Vienna Bread/Margarine Fruit Cocktail 1% or Skim Milk	Sliced Roast Beef & Gravy Mashed Potatoes Peas & Carrots* Italian Roll/Margarine Decorated Birthday Cake or Plain White Cake 1% or Skim Milk	10 Grain Fish* w/ Tartar sauce Macaroni & Cheese Broccoli* Honey Wheat Bread/Margarine Strawberry Banana Applesauce 1% or Skim Milk	Classic Cheeseburger* on Hamburger Bun Lettuce/Sliced Tomato Sliced Red Onion/Sliced Pickles Seasoned Potato Wedges Apple Crisp or Apple Slices 1% or Skim Milk
Monday 4/16/2018	Tuesday 4/17/2018	Wednesday 4/18/2018	Thursday 4/19/2018	Friday 4/20/2018
Chicken Parmesean Casserole Oven Roasted Baby Carrots Brussels Sprouts* Breadstick/Margarine Plum Halves 1% or Skim Milk	Chili Dog Wheat Hot Dog Bun Shred Cheese/Diced Onion Potato Medley Marinated Vegetable Salad Sugar Cookie or Diet Cookies 1% or Skim Milk	Oven Roasted Pork Loin in Gravy Baked Potato/Sour Cream PC Corn Cobette Wheatberry Roll/Margarine Apple Blueberry Muffin Square 1% or Skim Milk	Asian Beef & Rice Casserole Asian Coleslaw Vegetable Egg Roll* Fortune Cookie Cinnamon Apples 1% or Skim Milk	Lemon Pepper Chicken Breast Brown Rice Pilaf Glazed Diced Beets Vegetable Juice Multi Grain Bread/Margarine Pineapple & Mandarin Oranges 1% or Skim Milk
Monday 4/23/2018	Tuesday 4/24/2018	Wednesday 4/25/2018	Thursday 4/26/2018	Friday 4/27/2018
Meatloaf in Gravy Mashed Sweet Potatoes Green Beans* Rye Bread/Margarine Fruited Gelatin or Diet Fruited Gelatin 1% or Skim Milk	Beef & Bean Burrito w/ Cheese Sauce Taco Sauce PC Refried Beans Romain Blend Salad/Dressing Fresh Banana 1% or Skim Milk	Turkey Roast & Gravy Oven Roasted Baby Reds Green Peas* Wheat Bread/Margarine Applesauce 1% or Skim Milk	Sweet & Sour Chicken Breast Oriental Blend Vegetables* Zucchini & Tomatoes Breadstick/Margarine Chocolate Pudding or Diet Pudding 1% or Skim Milk	Jambalya Dirty Rice Chuckwagon Corn* Wheat Roll/Margarine Pineapple Upside Down Cake or Pineapple Tidbits 1% or Skim Milk
Monday 4/30/2018				
Pork Chop & Gravy Whipped Potatoes Mixed Vegetables* Dinner Roll/Margarine Chocolate Chip Cookie or Diet Cookies 1% or Skim Milk				* Items to be heated or microwaved at the centers

Menus may be subject to change