


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

April 2018

Monday 4/2/2018	Tuesday 4/3/2018	Wednesday 4/4/2018	Thursday 4/5/2018	Friday 4/6/2018
Beef Patty w/ Fiesta Cheese Sauce Mexican Beans Cheesy Whipped Potatoes Breadstick/Margarine Mandarin Oranges 1% Milk	Beef & Potato Casserole Diced Carrots Cinnamon Pears Romain Blend Salad w/ Dressing Dinner Roll/Margarine 1% Milk	Spicy Chicken Breast Baked Beans Cauliflower Hamburger Bun Tropical Fruit 1% Milk	Swiss Steak & Gravy Garlic Mashed Potatoes Succotash Petite Roll/Margarine Strawberry Muffin Square 1% Milk	Ham w/ Citrus Glaze Green Peas Au Gratin Potato Breadstick/Margarine Pineapple 1% Milk
Monday 4/9/2018	Tuesday 4/10/2018	Wednesday 4/11/2018	Thursday 4/12/2018	Friday 4/13/2018
Meatball Stroganoff & Noodles Green Beans Corn O'Brien Whole Wheat Bread/Margarine Fresh Orange 1% Milk	Chicken & Dumplings Oven Roasted Vegetables Stewed Tomatoes Vienna Bread Slice/Margarine Fruit Cocktail 1% Milk	Sliced Roast Beef & Gravy Mashed Potatoes Peas & Carrots Italian Roll/Margarine White Cake Square 1% Milk	10 Grain Fish Mac & Cheese Broccoli Honey Wheat Bread/Margarine Strawberry Applesauce Tartar Sauce 1% Milk	Hamburger Patty Potato Wedges Apple Crisp Hamburger Bun Lettuce & Sliced Tomato 1% 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% Milk	Chili Dog Peas Potato Medley Wheat Hot Dog Bun Marinated Vegetable Salad Sugar Cookie 1% Milk	Oven Roast Pork Loin & Gravy 1/2 Baked Potato Corn Wheatberry Roll/Marg Apple Blueberry Muffin Sour Cream 1% Milk	Asian Beef & Rice Cass. Vegetable Egg Roll Cinnamon Apples Asian Coleslaw Wheat Bread/Margarine 1% Milk	Lemon Pepper Chicken Breast Brown Rice Pilaf Glazed Diced Beets Multi Grain Bread/Margarine Pineapples & Mandarin Oranges 1% Milk
Monday 4/23/2018	Tuesday 4/24/2018	Wednesday 4/25/2018	Thursday 4/26/2018	Friday 4/27/2018
Meatloaf w/ Gravy Mashed Sweet Potatoes Green Beans Rye Bread/Margarine Fruited Gelatin 1% Milk	Beef & Bean Burrito w/ Cheese Sauce Spanish Rice Refried Beans Fresh Banana Taco Sauce 1% Milk	Turkey Roast & Gravy Oven Roasted Baby Reds Green Peas Wheat Bread/Margarine Applesauce 1% Milk	Sweet & Sour Chicken Breast Oriental Blend Vegetables Zucchini & Tomatoes Breadstick/Margarine Chocolate Pudding 1% Milk	Jamabalya Dirty Rice Chuckwagon Corn Wheat Roll/Margarine White Cake 1% Milk
Monday 4/30/2018				
Pork Chop & Gravy Whipped Potatoes Mixed Vegetable Dinner Roll/Margarine Chocolate Chip Cookie 1% Milk				

Menus may be subject to change