

Eastern Nebraska Office on Aging

Congregate Menu

May 2018

	<p style="text-align: center;">Tuesday 5/1/2018</p> <p>Beef & Tater Tot Casserole Diced Carrots Romain Blend Salad/Dressing Dinner Roll/Margarine Cinnamon Pear Slices or Diced Pears 1% or Skim Milk</p>	<p style="text-align: center;">Wednesday 5/2/2018</p> <p>Ham w/ citrus glaze Au Gratin Potatoes Green Peas Breadstick/Margarine Tropical Fruit 1% or Skim Milk</p>	<p style="text-align: center;">Thursday 5/3/2018</p> <p>Swiss Steak & Vegetable Gravy Garlic Mashed Potatoes Succotash Petite Roll/Margarine Lemon Muffin Square or Diet Cookies 1% or Skim Milk</p>	<p style="text-align: center;">Friday 5/4/2018</p> <p>Spicy Chicken Breast Sandwich Kaiser Bun Leaf Lettuce/Pickle Slices Tomato, Cucumber & Onion Salad Baked Beans Pineapple Tidbits 1% or Skim Milk</p>
<p style="text-align: center;">Monday 5/7/2018</p>	<p style="text-align: center;">Tuesday 5/8/2018</p>	<p style="text-align: center;">Wednesday 5/9/2018</p>	<p style="text-align: center;">Thursday 5/10/2018</p>	<p style="text-align: center;">Friday 5/11/2018</p>
<p>Meatball Stroganoff with Egg Noodles Green Beans Corn O'Brien Whole Wheat Bread Slice/Marg Fresh Orange 1% or Skim Milk</p>	<p>Chicken & Dumplings Oven Roasted Vegetables Stewed Tomatoes Vienna Bread/Margarine Fruit Cocktail 1% or Skim Milk</p>	<p>Sliced Roast Beef & Gravy Mashed Potatoes Peas & Carrots Italian Roll/Margarine Decorated Birthday Cake or Plain White Cake 1% or Skim Milk</p>	<p>10 Grain Fish w/ Tartar sauce Macaroni & Cheese Broccoli Honey Wheat Bread/Margarine Strawberry Banana Applesauce 1% or Skim Milk</p>	<p>Cheese Omelet/cheese sauce Hash brown Casserole Orange Juice Blueberry Muffin/Margarine Melon Cup 1% or Skim Milk</p> 
<p style="text-align: center;">Monday 5/14/2018</p>	<p style="text-align: center;">Tuesday 5/15/2018</p>	<p style="text-align: center;">Wednesday 5/16/2018</p>	<p style="text-align: center;">Thursday 5/17/2018</p>	<p style="text-align: center;">Friday 5/18/2018</p>
<p>Chicken Parmesean Casserole Oven Roasted Baby Carrots Brussels Sprouts Breadstick/Margarine Plum Halves 1% or Skim Milk</p>	<p>Chili Dog Wheat Hot Dog Bun Shred Cheese/Diced Onion Potato Medley Marinated Vegetable Salad Peanut Butter Cookie or Diet Cookies 1% or Skim Milk</p>	<p>Lemon Pepper Chicken Breast Brown Rice Pilaf Glazed Diced Beets Multi Grain Bread/Margarine Apple Blueberry Muffin Square 1% or Skim Milk</p>	<p>Beef Taco Salad Taco Meat/Shredded Cheese Diced Tomatoes/Diced Onions Shredded Lettuce Cowboy Caviar Tortilla Chip/Sour Cream/Taco Sauce Tropical Fruit 1% or Skim Milk</p>	<p>Oven Roasted Pork Loin in Gravy Baked Potato/Sour Cream PC Corn Cobette Wheatberry Roll/Margarine Mandarin Oranges 1% or Skim Milk</p>
<p style="text-align: center;">Monday 5/21/2018</p>	<p style="text-align: center;">Tuesday 5/22/2018</p>	<p style="text-align: center;">Wednesday 5/23/2018</p>	<p style="text-align: center;">Thursday 5/24/2018</p>	<p style="text-align: center;">Friday 5/25/2018</p>
<p>Asian Beef & Rice Casserole Asian Coleslaw Vegetable Egg Roll Fortune Cookie Cinnamon Apple Slices 1% or Skim Milk</p>	<p>Sweet & Sour Chicken Breast Oriental Blend Vegetables Zucchini & Tomatoes Vegetable Juice Breadstick/Margarine Fresh Banana 1% or Skim Milk</p>	<p>Beef & Bean Burrito w/ Cheese Sauce Taco Sauce PC Refried Beans Romain Blend Salad/Dressing Pears 1% or Skim Milk</p>	<p>Turkey Roast & Gravy Oven Roasted Baby Reds Green Peas Wheat Bread/Margarine Butterscotch Pudding or Diet Pudding 1% or Skim Milk</p>	<p>Classic Cheeseburger on Hamburger Bun Lettuce/Sliced Tomato Sliced Red Onion/Sliced Pickles Seasoned Potato Wedges Pineapple Upside Down Cake or Pineapple Tidbits 1% or Skim Milk</p>
<p style="text-align: center;">Monday 5/28/2018</p>	<p style="text-align: center;">Tuesday 5/29/2018</p>	<p style="text-align: center;">Wednesday 5/30/2018</p>	<p style="text-align: center;">Thursday 5/31/2018</p>	
 <p style="text-align: center;">Happy Memorial Day</p> <p style="text-align: center;">Senior Centers Closed</p>	<p>Meatloaf in Gravy Mashed Sweet Potatoes Green Beans Rye Bread/Margarine Fruited Gelatin or Diet Fruited Gelatin 1% or Skim Milk</p>	<p>Pork Chop & Gravy Whipped Potatoes Mixed Vegetables Dinner Roll/Margarine Chocolate Chip Cookie or Diet Cookies 1% or Skim Milk</p>	<p>Jambalya Dirty Rice Chuckwagon Corn Wheatberry Roll/Marg Sliced Peaches 1% or Skim Milk</p>	 <p style="text-align: center;">* Items to be heated or microwaved at the centers</p>

Menus may be subject to change