

**Eastern Nebraska Office on Aging**

**Meals on Wheels Menu**

**May 2018**

	<p align="center"><b>Tuesday</b> <b>5/1/2018</b></p> <p>Beef &amp; Potato Casserole Diced Carrots Cinnamon Pears Romain Blend Salad Dressing PC Dinner Roll/Marg 1% Milk</p>	<p align="center"><b>Wednesday</b> <b>5/2/2018</b></p> <p>Ham w/ Citrus Glaze Green Peas Au Gratin Potato Breadstick/Marg Tropical Fruit 1% Milk</p>	<p align="center"><b>Thursday</b> <b>5/3/2018</b></p> <p>Swiss Steak &amp; Gravy Garlic Mashed Potatoes Succotash Petite Roll/Marg Lemon Muffin Square 1% Milk</p>	<p align="center"><b>Friday</b> <b>5/4/2018</b></p> <p>Spicy Chicken Breast Baked Beans Cauliflower Hamburger Bun Pineapple 1% Milk</p>
<p align="center"><b>Monday</b> <b>5/7/2018</b></p> <p>Meatball Stroganoff &amp; Noodles Green Beans Corn O'Brien Whole Wheat Bread/Marg Fresh Orange 1% Milk</p>	<p align="center"><b>Tuesday</b> <b>5/8/2018</b></p> <p>Chicken &amp; Dumplings Oven Roasted Vegetables Stewed Tomatoes Vienna Bread Slice/Margarine Fruit Cocktail 1% Milk</p>	<p align="center"><b>Wednesday</b> <b>5/9/2018</b></p> <p>Sliced Roast Beef &amp; Gravy Mashed Potatoes Peas &amp; Carrots Italian Roll/Marg White Cake Square 1% Milk</p>	<p align="center"><b>Thursday</b> <b>5/10/2018</b></p> <p>10 Grain Fish Mac &amp; Cheese Broccoli Honey Wheat Bread/Marg Strawberry Applesauce Tartar Sauce 1% Milk</p>	<p align="center"><b>Friday</b> <b>5/11/2018</b></p> <p>Beef Stew w/ Vegetables Whipped Potatoes Apple Slices Chef Mike's Bean Salad Biscuit/Margarine 1% Milk</p>
<p align="center"><b>Monday</b> <b>5/14/2018</b></p> <p>Chicken Parmesean Casserole Oven Roasted Baby Carrots Brussels Sprouts Breadstick/Marg Plum Halves 1% Milk</p>	<p align="center"><b>Tuesday</b> <b>5/15/2018</b></p> <p>Chili Dog Peas Potato Medley Wheat Hot Dog Bun Marinated Vegetable Salad Peanut butter Cookie 1% Milk</p>	<p align="center"><b>Wednesday</b> <b>5/16/2018</b></p> <p>Lemon Pepper Chicken Breast Brown Rice Pilaf Glazed Diced Beets Multi Grain Bread/Marg Apple Blueberry Muffin 1% Milk</p>	<p align="center"><b>Thursday</b> <b>5/17/2018</b></p> <p>Beef Patty &amp; Fiesta Cheese Sauce Mexican Beans Cheesy Whipped Potatoes Breadstick/Marg Tropical Fruit 1% Milk</p>	<p align="center"><b>Friday</b> <b>5/18/2018</b></p> <p>Oven Roast Pork Loin &amp; Gravy 1/2 Baked Potato Corn Wheatberry Roll/Marg Mandarin Oranges Sour Cream PC 1% Milk</p>
<p align="center"><b>Monday</b> <b>5/21/2018</b></p> <p>Asian Beef &amp; Rice Casserole Vegetable Egg Roll Cinnamon Apples Asian Coleslaw Wheat Bread 1% Milk</p>	<p align="center"><b>Tuesday</b> <b>5/22/2018</b></p> <p>Sweet &amp; Sour Chicken Breast Oriental Blend Vegetables Zucchini &amp; Tomatoes Breadstick/Marg Fresh Fruit 1% Milk</p>	<p align="center"><b>Wednesday</b> <b>5/23/2018</b></p> <p>Beef &amp; Bean Burrito w/ Cheese Sauce Carrots Refried Beans Pears Taco Sauce PC 1% Milk</p>	<p align="center"><b>Thursday</b> <b>5/24/2018</b></p> <p>Turkey Roast &amp; Gravy Oven Roasted Baby Reds Green Peas Wheat Bread/Marg Butterscotch Pudding 1% Milk</p>	<p align="center"><b>Friday</b> <b>5/25/2018</b></p> <p>Hamburger Patty Seasoned Potato Wedges Mixed Vegetables Lettuce &amp; Sliced Tomato Pineapple Tidbits Hamburger Bun 1% Milk</p>
<p align="center"><b>Monday</b> <b>5/28/2018</b></p> 	<p align="center"><b>Tuesday</b> <b>5/29/2018</b></p> <p>Meatloaf in Gravy Mashed Sweet Potatoes Green Beans Rye Bread/Marg Fruited Gelatin 1% Milk</p>	<p align="center"><b>Wednesday</b> <b>5/30/2018</b></p> <p>Pork Chop &amp; Gravy Whipped Potatoes Mixed Vegetable Dinner Roll/Marg Chocolate Chip Cookie 1% Milk</p>	<p align="center"><b>Thursday</b> <b>5/31/2018</b></p> <p>Jamabalya w/ Dirty Rice Chuckwagon Corn Wheatberry Roll/Marg Sliced Peaches 1% Milk</p>	

Menus may be subject to change