

**Eastern Nebraska Office on Aging  
Congregate Menu  
August 2018**

		<b>Wednesday 8/1/2018</b>	<b>Thursday 8/2/2018</b>	<b>Friday 8/3/2018</b>
 * Items to be heated or microwaved at the centers		Meatball Marinara Sub on a Coney Bun Potato Wedges* Italian Vegetables* Diced Pears/Strawberries 1% or Skim Milk	Turkey Tetrazini Green Beans Oven Roasted Vegetables* Italian Roll/Margarine Red & Blue Jello Cake or Diet Jello Cake 1% or Skim Milk	Open-Faced Roast Beef & Gravy over Wheat Bread Whipped Potatoes Tomato Cucumber Salad Frosted Brownie or Diet Cookies 1% or Skim Milk
<b>Monday 8/6/2018</b>	<b>Tuesday 8/7/2018</b>	<b>Wednesday 8/8/2018</b>	<b>Thursday 8/9/2018</b>	<b>Friday 8/10/2018</b>
Diced Turkey & Gravy over Mashed Potatoes Mixed Vegetables* Cornbread/Margarine Honey Fresh Fruit 1% or Skim Milk	Oven Roasted Pork Loin with Pinnapple Salsa Herb Roasted Baby Reds Broccoli Salad Wheat Dinner Roll/Margarine Banana Pudding or Diet Pudding 1% or Skim Milk	Chicken Marsala Garlic Whip Potatoes Corn Cobette Breadstick/Margarine Decorated Birthday Cake or Plain White Cake 1% or Skim Milk	Cod Loin in Pesto Cream Sauce Potato Medley Zucchini & Tomatoes* Wheat Bread/Margarine Cinnamon Applesauce 1% or Skim Milk	Salisbury Steak/Mushroom Gravy Baked Potato/Sour Cream Oregon Blend* Wheat Berry Roll/Margarine Fruit Mix 1% or Skim Milk
<b>Monday 8/13/2018</b>	<b>Tuesday 8/14/2018</b>	<b>Wednesday 8/15/2018</b>	<b>Thursday 8/16/2018</b>	<b>Friday 8/17/2018</b>
Pulled Pork on a Wheat Hamburger Bun Scalloped Potatoes Sweet Pepper Coleslaw Lemon Pudding or Diet Pudding 1% or Skim Milk	Creamy Tuna & Noodles Green Peas* Stewed Tomatoes Wheat Dinner Roll/Margarine Sliced Apricots 1% or Skim Milk	Soft Shell Beef* Taco w/ Shred Cheese, Shred Lettuce Diced Tomatoes, Sour Cream & Taco Sauce Fiesta Corn* Peach Cobbler or Sliced Peaches 1% or Skim Milk	Glazed Teriyaki Meatballs over Brown Rice Pilaf Japanese Blend Vegetables* Diced Carrots Vienna Bread/Margarine Fortune Cookies Tropical Fruit 1% or Skim Milk	Fiesta Chicken Breast w/ Pepperjack Cheese Sauce Mexican Rice Cowboy Caviar Dinner Roll/Margarine Chocolate Chip Cookie or Diet Cookies 1% or Skim Milk
<b>Monday 8/20/2018</b>	<b>Tuesday 8/21/2018</b>	<b>Wednesday 8/22/2018</b>	<b>Thursday 8/23/2018</b>	<b>Friday 8/24/2018</b>
10-Grain Fish Filet* w/ Tartar Sauce Cheesy Hashbrowns Country Blend Vegetables* Breadstick/Margarine Fresh Fruit 1% or Skim Milk	Grilled Chicken on a Bun w/ Leaf Lettuce, Sliced Tomato Seasoned Potato Wedges* Green & Gold Beans* Strawberry Shortcake or Plain White Cake 1% or Skim Milk	Ham & Au gratin Potatoes Broccoli* Honey Wheat Bread/Marg Cinnamon Apples 1% or Skim Milk	Oven Roasted Turkey w/Gravy Herb Mashed Potatoes Sliced Carrots* Wheat Roll/Margarine Pineapple Tidbits 1% or Skim Milk	Pork Chop Fritter*Gravy Baked Sweet Potato Cauliflower* Wheatberry Roll/Margarine Plum Halves 1% or Skim Milk
<b>Monday 8/27/2018</b>	<b>Tuesday 8/28/2018</b>	<b>Wednesday 8/29/2018</b>	<b>Thursday 8/30/2018</b>	<b>Friday 8/31/2018</b>
Meatloaf in Brown Gravy Baked Potato/Sour Cream Oregon Blend Vegetables* Pumpnickle/Margarine Sugar Cookie or Diet Cookies 1% or Skim Milk	Cheeseburger* on a Wheat Hamburger Bun w/ Leaf Lettuce, Tomato, Red Onions & Pickle Slices Baked Beans Diced Peaches 1% or Skim Milk	Oven Fried Chicken Breast* Mashed Potatoes/Gravy Brussels Sprouts* Wheat Bread/Margarine Tropical Fruit Mix 1% or Skim Milk	Spaghetti Casserole Chuckwagon Corn* Romain Blend Salad/Dressing Garlic Bread Strawberry Banana Applesauce 1% or Skim Milk	Ball Park Bratwurst* on a Hoagie Bun Shredded Sauerkraut* Potato Salad Raspberry Muffin Square 1% or Skim Milk

Menus may be subject to change