

**Eastern Nebraska Office on Aging
Meals on Wheels Menu
August 2018**

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|  | | Wednesday 8/1/2018 Meatball Marinara Potato Wedges Italian Vegetables Coney Bun Diced Pears/Strawberries 1% Milk | Thursday 8/2/2018 Turkey Tetrazini Green Beans Oven Roasted Vegetables Italian Roll/Margarine Red & Blue Jello Cake 1% Milk | Friday 8/3/2018 Roast Beef in Gravy Whipped Potatoes Carrot Coins Wheat Bread/Margarine Frosted Brownie 1% Milk |
| | | Monday 8/6/2018 Diced Turkey & Gravy Mashed Potatoes Mixed Vegetables Cornbread/Margarine Fresh Fruit 1% Milk | Tuesday 8/7/2018 Oven Roasted Pork Loin & Pineapple Salsa Herb Roasted Baby Reds Broccoli Wheat Dinner Roll/Margarine Banana Pudding 1% Milk | Wednesday 8/8/2018 Chicken Marsala Garlic Whip Potatoes Corn Breadstick/Margarine White Cake Square 1% Milk |
| Monday 8/13/2018 Pulled Pork Scalloped Potatoes Cabbage & Carrots Wheat Hamburger Bun Lemon Pudding 1% Milk | Tuesday 8/14/2018 Creamy Tuna & Noodles Green Peas Stewed Tomatoes Wheat Dinner Roll/Margarine Sliced Apricots 1% Milk | Wednesday 8/15/2018 Taco Meat Fiesta Corn Peach Cobbler Tomato, Lettuce, Cheese Flour Tortilla Taco Sauce 1% Milk | Thursday 8/16/2018 Teriyaki Meatballs over Brown Rice Pilaf Japanese Blend Veggies Diced Carrots Vienna Bread/Margarine Tropical Fruit 1% Milk | Friday 8/17/2018 Fiesta Chicken Breast w/ Pepper Jack Cheese Sauce Broccoli Mexican Rice Dinner Roll/Margarine Chocolate Chip Cookie 1% Milk |
| Monday 8/20/2018 10-Grain Fish Filet Cheesy Hashbrowns Country Blend Veggies Breadstick/Margarine Fresh Fruit Tartar Sauce PC 1% Milk | Tuesday 8/21/2018 Grilled Chicken Seasoned Potato Wedges Green & Gold Beans Wheat Hamburger Bun Lettuce & Tomato White Cake Square 1% Milk | Wednesday 8/22/2018 Ham & Au gratin Potatoes Broccoli Cinnamon Apples Honey Wheat Bread/Marg 1% Milk | Thursday 8/23/2018 Oven Roasted Turkey w/ Turkey Gravy Herb Mashed Potatoes Sliced Carrots Wheat Roll/Margarine Pineapple Tidbits 1% Milk | Friday 8/24/2018 Pork Chop Fritter w/ Gravy Roasted Sweet Potatoes Cauliflower Wheatberry Roll/Margarine Plum Halves 1% Milk |
| Monday 8/27/2018 Meatloaf in Gravy 1/2 Baked Potato Oregon Blend Veggies Pumpnickle/Margarine Sugar Cookie Sour Cream PC 1% Milk | Tuesday 8/28/2018 Hamburger Patty Baked Beans Mixed Vegetables Wheat Hamburger Bun Lettuce & Tomato Diced Peaches 1% Milk | Wednesday 8/29/2018 Oven Fried Chicken Breast Mashed Potatoes/Gravy Brussels Sprouts Wheat Bread/Margarine Tropical Fruit Mix 1% Milk | Thursday 8/30/2018 Spaghetti Casserole Chuckwagon Corn Garlic Bread Romain Blend Salad Salad Dressing Strawberry Banana Applesauce 1% Milk | Friday 8/31/2018 Bratwurst Shredded Sauerkraut Roasted Red Skin Potatoes Hoagie Bun Raspberry Muffin Square 1% Milk |

Menus may be subject to change