

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

Monday 9/3/2018	Tuesday 9/4/2018	Wednesday 9/5/2018	Thursday 9/6/2018	Friday 9/7/2018
 Senior Centers Closed	Turkey Tetrazzini Green Beans Oven Roasted Vegetables* Italian Roll/Margarine Diced Pears 1% or Skim Milk	Open-Faced Roast Beef & Gravy over Wheat Bread Whipped Potatoes Tomato Cucumber Salad Diced Peaches 1% or Skim Milk	Meatball Marinara Sub on a Coney Bun Potato Wedges* Italian Vegetables* Red & Blue Jell-O Cake or Diet Jell-O Cake 1% or Skim Milk	Chicken Marsala Garlic Whipped Potatoes Corn Cobbett Breadstick/Margarine Frosted Brownie or Diet Cookies 1% or Skim Milk
Monday 9/10/2018	Tuesday 9/11/2018	Wednesday 9/12/2018	Thursday 9/13/2018	Friday 9/14/2018
Creamy Tuna & Noodles Green Peas* Stewed Tomatoes Wheat Dinner Roll/Margarine Banana 1% or Skim Milk	Teriyaki Glazed Meatballs over Brown Rice Pilaf Japanese Blend Vegetables* Diced Carrots Vienna Bread/Margarine Fortune Cookies Tropical Fruit 1% or Skim Milk	Oven Roasted Turkey w/Gravy Herb Mashed Potatoes Broccoli* Wheat berry Roll/Margarine Decorated Birthday Cake or Plain White Cake 1% or Skim Milk	Grilled Chicken on a Bun w/ Leaf Lettuce, Sliced Tomato Seasoned Potato Wedges* Green & Gold Beans* Ambrosia 1% or Skim Milk	Cod Loin in Pesto Cream Sauce Potato Medley Zucchini & Tomatoes* Wheat Bread/Margarine Cinnamon Applesauce 1% or Skim Milk
Monday 9/17/2018	Tuesday 9/18/2018	Wednesday 9/19/2018	Thursday 9/20/2018	Friday 9/21/2018
Spaghetti Casserole Chuckwagon Corn* Romaine Blend Salad/Dress PC Garlic Bread Fresh Orange 1% or Skim Milk	Diced Turkey & Gravy over Mashed Potatoes Mixed Vegetables* Cornbread/Margarine Honey Sliced Apricots 1% or Skim Milk	Pulled Pork Sandwich on a Wheat Hamburger Bun Scalloped Potatoes Sweet Pepper Coleslaw Chocolate Chip Cookie or Diet Cookies 1% or Skim Milk	Fiesta Chicken Breast w/ Pepperjack Cheese Sauce Mexican Rice Cowboy Caviar Dinner Roll/Margarine Peach Cobbler or Sliced Peaches 1% or Skim Milk	Meatloaf in Brown Gravy Baked Potato/Sour Cream PC Oregon Blend Vegetables* Pumpernickel/Margarine Fruit Cocktail 1% or Skim Milk
Monday 9/24/2018	Tuesday 9/25/2018	Wednesday 9/26/2018	Thursday 9/27/2018	Friday 9/28/2018
Polish Sausage * Sauerkraut* Red Skin Potatoes Marble Rye Bread/Margarine Mandarin Oranges 1% or Skim Milk	Potato Crunch Fish Filet* Tartar Sauce Cheesy Hash browns Country Blend Vegetables* Breadstick/Margarine Lemon Pudding or Diet Pudding 1% or Skim Milk	Cheeseburger* on a Wheat Hamburger Bun w/ Leaf Lettuce, Tomato, Red Onions & Pickle Slices Baked Beans Cinnamon Applesauce 1% or Skim Milk	Pork Chop Fritter*/Gravy Baked Sweet Potato Cauliflower* Wheat Bread/Margarine Sugar Cookie or Diet Cookies 1% or Skim Milk	Soft Shell Beef Taco* Shred Cheese, Shred Lettuce Diced Tomatoes, Flour Tortilla Sour Cream & Taco Sauce PC Fiesta Corn* Baked Pineapple or Plain Pineapple 1% or Skim Milk
			 * Items to be heated or microwaved at the centers	

Menus may be subject to change