

**EASTERN NEBRASKA OFFICE ON AGING
CONGREGATE MENUS
DECEMBER 2018**

Monday 12/3/2018	Tuesday 12/4/2018	Wednesday 12/5/2018	Thursday 12/6/2018	Friday 12/7/2018
Meatloaf & Gravy Roasted Whole Baby Reds Broccoli* Cornbread Muffin/Margarine Honey PC Pear Slices 1% or Skim Milk	Fried Chicken Breast* Whipped Potatoes w/ Chicken Gravy Green Beans* Italian Roll/Margarine Banana Muffin Square or Diet Cookies 1% or Skim Milk	All Beef Chili Dog w/ Cheese on a Wheat Hot Dog Bun Steak Fries* Corn* Pineapple & Strawberries 1% or Skim Milk	Sweet & Sour Chicken Breast Oriental Blend Vegetables* Vegetable Egg Roll* Fortune Cookie Cinnamon Raisin Brd/Marg Butterscotch Pudding or Diet Pudding 1% or Skim Milk	Taco Joe Sandwich on a Wheat Hamburger Bun Potato Ole's* Peas & Carrots* Sliced Apricots 1% or Skim Milk
Monday 12/10/2018	Tuesday 12/11/2018	Wednesday 12/12/2018	Thursday 12/13/2018	Friday 12/14/2018
Chicken Cordon Bleu with Swiss Mornay Sauce Rosemary Country Diced Potato California Blend Vegetables* Wheatberry Roll/Margarine Peanut Butter Cookie or Diet Cookies 1% or Skim Milk	Italian Goulash with WG Elbow Noodles Italian Blend Vegetables* Romaine Blend Salad/Dress Vienna Bread Slice/Marg Diced Peaches 1% or Skim Milk	Oven Roasted Pork Loin/Gravy Baked Potato/Sour Cream Brussels Sprouts* Dinner Roll/Margarine Decorated Birthday Cake or Plain White Cake 1% or Skim Milk	Baked Cod Loin in Sweet Basil Sauce Mashed Sweet Potatoes Zucchini & Tomatoes* Wheat Dinner Roll/Marg Tropical Fruit Mix 1% or Skim Milk	Orange Chicken Stir Fry with Lo Mein Noodles Japanese Blend Veggies* Vegetable Egg Roll* Fortune Cookie Strawberry Applesauce 1% or Skim Milk
Monday 12/17/2018	Tuesday 12/18/2018	Wednesday 12/19/2018	Thursday 12/20/2018	Friday 12/21/2018
Italian Meatballs Potato Medley Mixed Vegetables* Wheat Dinner Roll/Margarine Fresh Orange 1% or Skim Milk	Country Fried Steak* & Gravy Garlic Whipped Potatoes Country Blend Vegetables* Vienna Bread/Margarine Chocolate Pudding or Diet Pudding 1% or Skim Milk	Baked Ham* Twice Baked Whipped Potato Cheesy Broccoli* Wheat Roll/Margarine Cheesecake with Cherry Topping or Diet Pudding 1% or Skim Milk Christmas Dinner	BBQ Chicken Breast on a Wheat Hamburger Bun BBQ Baked Beans Potato Salad Pear Slices 1% or Skim Milk 	Salisbury Steak w/ Brown Gravy Cheesy Hash Brown Potatoes Parslied Carrots* Wheat Roll/Margarine Fruit Cocktail 1% or Skim Milk
Monday 12/24/2018	Tuesday 12/25/2018	Wednesday 12/26/2018	Thursday 12/27/2018	Friday 12/28/2018
Pork Chop with Garlic Mushroom Gravy Scalloped Potatoes Peas & Pearl Onions* 100% Whole Wheat Bread/Marg Mandarin Oranges 1% or Skim Milk	 Senior Centers Closed	Seafood Chowder Garlic & Butter Diced Reds California Blend Veg.* Marble Rye Bread/Margarine Fruit Crisp or Fruit Mix 1% or Skim Milk	Swedish Meatballs Baked Potato/Sour Cream Stewed Tomatoes Wheatberry Roll/Margarine Strawberry Yogurt Cup or Diet Pudding 1% or Skim Milk	Chicken Breast & Chicken Gravy Whipped Potatoes Green Beans* Hearth Roll/Margarine Frosted Brownie or Diet Cookies 1% or Skim Milk
Monday 12/31/2018				
Italian Casserole w/ Penne Roasted Baby Carrots Corn* Italian Roll/Margarine Applesauce 1% or Skim Milk 				 * Items to be heated or microwaved at the centers

Menus subject to change