

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

<b>Monday 12/3/2018</b>	<b>Tuesday 12/4/2018</b>	<b>Wednesday 12/5/2018</b>	<b>Thursday 12/6/2018</b>	<b>Friday 12/7/2018</b>
Meatloaf & Gravy Roasted Diced Baby Reds Broccoli Cornbread Muffin/Marg Pear Slices 1% Milk	Oven Fried Chicken Breast Whipped Potatoes & Gravy Green Beans Italian Roll/Marg Banana Muffin Square 1% Milk	All Beef Hot Dog with Chili Topping Seasoned Potato Wedges Corn Wheat Hot Dog Bun Pineapple & Strawberries 1% Milk	Sweet & Sour Chicken Breast Oriental Blend Veggies Vegetable Egg Roll Cinnamon Raisin Bread/Marg Butterscotch Pudding 1% Milk	Taco Joe Sandwich Potato Wedges Peas & Carrots Wheat Hamburger Bun Sliced Apricots 1% Milk
<b>Monday 12/10/2018</b>	<b>Tuesday 12/11/2018</b>	<b>Wednesday 12/12/2018</b>	<b>Thursday 12/13/2018</b>	<b>Friday 12/14/2018</b>
Chicken Cordon Bleu & Swiss Mornay Sauce Rosemary Country Potato California Blend Veggies Wheatberry Roll/Marg Peanut Butter Cookie 1% Milk	Italian Goulash with Whole Grain Elbow Noodles Italian Blend Veggies Corn Vienna Bread Slice/Marg Diced Peaches 1% Milk	Roasted Pork Loin & Gravy 1/2 Baked Potato Brussels Sprouts Dinner Roll/Marg White Cake Square Sour Cream PC 1% Milk	Baked Cod Loin in Sweet Basil Sauce Mashed Sweet Potatoes Zucchini & Tomatoes Wheat Dinner Roll/Marg Tropical Fruit 1% Milk	Orange Chicken Stir Fry with Lo Mein Noodles Japanese Blend Veggies Vegetable Egg Roll Strawberry Applesauce 1% Milk
<b>Monday 12/17/2018</b>	<b>Tuesday 12/18/2018</b>	<b>Wednesday 12/19/2018</b>	<b>Thursday 12/20/2018</b>	<b>Friday 12/21/2018</b>
Italian Meatballs Potato Medley Mixed Veggies Wheat Dinner Roll/Marg Fresh Orange 1% Milk	Country Fried Steak & Gravy Garlic Whipped Potatoes Country Blend Veggies Vienna Bread/Marg Chocolate Pudding 1% Milk	Baked Ham Twice Baked Whip Potatoes Cheesy Broccoli Wheat Dinner Roll/Marg Cherry Cheesecake Pudding 1% Milk	BBQ Chicken Breast BBQ Baked Beans Diced Carrots Wheat Hamburger Bun Pear Slices 1% Milk	Salisbury Steak & Gravy Cheesy Hashbrowns Parslied Carrots Wheat Dinner Roll/Marg Fruit Cocktail 1% Milk
<b>Monday 12/24/2018</b>	<b>Tuesday 12/25/2018</b>	<b>Wednesday 12/26/2018</b>	<b>Thursday 12/27/2018</b>	<b>Friday 12/28/2018</b>
 <b>Happy Holidays</b> <i>Holiday Meal by reservation only</i>	 <b>Happy Holidays</b> <i>Holiday Meal by reservation only</i>	Seafood Chowder Garlic & Butter Diced Reds California Blend Veggies Marble Rye Bread/Marg Fruit Crisp 1% Milk	Swedish Meatballs 1/2 Baked Potato Stewed Tomatoes Wheatberry Roll/Marg Strawberry Yogurt Cup Sour Cream PC 1% Milk	Chicken Breast & Gravy Whipped Potatoes Green Beans Hearth Roll/Marg Frosted Brownie 1% Milk
<b>Monday 12/31/2018</b>				
Italian Casserole w/ Penne Roasted Baby Carrots Corn Italian Roll/Marg Applesauce 1% Milk				

Menus may be subject to change