





EASTERN NEBRASKA OFFICE ON AGING

Congregate Menu

November 2018

			<b>Thursday 11/1/2018</b>	<b>Friday 11/2/2018</b>
 <p>* Items to be heated or microwaved at the centers</p>			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
<b>Monday 11/5/2018</b>	<b>Tuesday 11/6/2018</b>	<b>Wednesday 11/7/2018</b>	<b>Thursday 11/8/2018</b>	<b>Friday 11/9/2018</b>
BBQ Meatballs Potato Medley Mixed Vegetables* Wheat Dinner Roll/Margarine Fresh Orange 1% or Skim Milk	Baked Cod Loin in Sweet Basil Sauce Mashed Sweet Potatoes Zucchini & Tomatoes* Wheat Dinner Roll/Margarine Tropical Fruit Mix 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	Meatloaf & Gravy Roasted Whole Baby Reds Broccoli* Cornbread Muffin/Margarine Honey PC Pear Slices 1% or Skim Milk	Sweet & Sour Chicken Breast Oriental Blend Vegetables* Vegetable Egg Roll* Fortune Cookie Cinnamon Raisin Brd/Marg Pineapple Tidbits 1% or Skim Milk
<b>Monday 11/12/2018</b>	<b>Tuesday 11/13/2018</b>	<b>Wednesday 11/14/2018</b>	<b>Thursday 11/15/2018</b>	<b>Friday 11/16/2018</b>
 <p><b>Senior Centers Closed</b></p>	All Beef Chili Dog w/ cheese on a Wheat Hot Dog Bun Steak Fries* Corn* Orange 1% or Skim Milk	Baked Ham* Baked Sweet Potatoes Cauliflower* Cinnamon Raisin Bread/Marg Decorated Birthday Cake or Plain White Cake 1% or Skim Milk	Sliced Roast Beef & Gravy Whipped Potatoes Honey Glazed Carrots Rye Bread/Margarine Butterscotch Pudding or Diet Pudding 1% or Skim Milk	BBQ Chicken Breast on a Wheat Hamburger Bun BBQ Baked Beans Potato Salad Fruit Cocktail 1% or Skim Milk
<b>Monday 11/19/2018</b>	<b>Tuesday 11/20/2018</b>	<b>Wednesday 11/21/2018</b>	<b>Thursday 11/22/2018</b>	<b>Friday 11/23/2018</b>
Hamburger Patty with w/ Garlic Mushroom Gravy Scalloped Potatoes Brussels Sprouts* 100% Whole Wheat Bread/Marg Mandarin Oranges 1% or Skim Milk	Seafood Chowder Garlic & Butter Diced Reds California Blend Veg.* Marble Rye Bread/Margarine Fruit Crisp or Fruit Mix 1% or Skim Milk	Turkey Breast with Gravy Cornbread Dressing Whipped Potatoes Green Peas w/ Onions* Cranberry Sauce Garnish Dinner Roll/Margarine Pumpkin Pie w/Whipped Topping or Diet Pudding 1% or Skim Milk	 <p><b>Senior Centers Closed</b>   <b>Senior Centers Closed</b></p>	
<b>Monday 11/26/2018</b>	<b>Tuesday 11/27/2018</b>	<b>Wednesday 11/28/2018</b>	<b>Thursday 11/29/2018</b>	<b>Friday 11/30/2018</b>
10-Grain Fish Filet* w/ Tartar Sauce Au gratin Potatoes Glazed Diced Beets Wheat Dinner Roll/Margarine Fruited Lime Gelatin 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	Beef Ravioli in Marinara Sauce Tossed Salad/Salad Dressing Italian Blend Vegetables* Breadstick/Margarine Cinnamon Apples 1% or Skim Milk	Chicken Breast & w/ Chicken Gravy Whipped Potatoes Green Beans* Hearth Roll/Margarine Frosted Brownie or Diet Cookies 1% or Skim Milk	Beef & Three Bean Chili Roasted Baby Carrots Baby Potato Cakes* Cornbread Muffin w/ Margarine Honey PC Carifruit Salad 1% or Skim Milk

Menus subject to change