


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

			<b>Thursday 11/1/2018</b>	<b>Friday 11/2/2018</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
<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 Veggies Wheat Dinner Roll/Marg Fresh Orange 1% Milk	Baked Cod Loin in Sweet Basil Sauce Mashed Sweet Potatoes Zucchini & Tomatoes Wheat Dinner Roll/Marg Tropical Fruit 1% Milk	Oven Fried Chicken Breast Whipped Potatoes & Gravy Green Beans Italian Roll/Marg Banana Muffin Square 1% Milk	Meatloaf & Gravy Roasted Diced Baby Reds Broccoli Cornbread Muffin/Marg Pear Slices 1% Milk	Sweet & Sour Chicken Breast Oriental Blend Veggies Vegetable Egg Roll Cinnamon Raisin Bread/Marg Pineapple Tidbits 1% 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>
 <b>Veteran's Day Holiday Meal by reservation only</b>	All Beef Hot Dog with Chili Topping Seasoned Potato Wedges Corn Wheat Hot Dog Bun Orange 1% Milk	Baked Ham Baked Sweet Potatoes Cauliflower Cinnamon Raisin Bread/Marg White Cake Square 1% Milk	Sliced Roast Beef/Gravy Mashed Potatoes Honey Glazed Carrots Rye Bread/Marg Butterscotch Pudding 1% Milk	BBQ Chicken Breast BBQ Baked Beans Diced Carrots Wheat Hamburger Bun Fruit Cocktail 1% 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 Garlic Mushroom Gravy Scalloped Potatoes Brussels Sprouts 100% Wheat Bread/Marg Mandarin Oranges 1% Milk	Seafood Chowder Garlic & Butter Diced Reds California Blend Veggies Marble Rye Bread/Marg Fruit Crisp 1% Milk	Turkey Breast & Gravy over Cornbread Dressing Whipped Potatoes Green Peas with Onions Dinner Roll/Marg Pumpkin Dessert 1% Milk	<b>Thanksgiving Day Holiday</b>  <b>No Meals</b>	<b>Holiday Meal by reservation only</b> 
<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 Au gratin Potatoes Glazed Diced Beets Wheat Dinner Roll/Marg Fruited Lime Gelatin Tartar Sauce PC 1% Milk	Swedish Meatballs 1/2 Baked Potato Stewed Tomatoes Wheatberry Roll/Marg Strawberry Yogurt Cup Sour Cream PC 1% Milk	Beef Ravioli in Marinara Sauce Italian Blend Vegetables Cinnamon Apples Romaine Blend Salad Dressing PC Breadstick/Marg 1% Milk	Chicken Breast & Gravy Whipped Potatoes Green Beans Hearth Roll/Marg Frosted Brownie 1% Milk	Beef & Three Bean Chili Roasted Baby Carrots Hashbrowns Cornbread Muffin/Marg Carrifruit Salad 1% Milk

Menus may be subject to change