

**EASTERN NEBRASKA OFFICE ON AGING
CONGREGATE MEALS
OCTOBER 2018**

10/1/2018	10/2/2018	10/3/2018	10/4/2018	10/5/2018
Baked Cod Loin in Sweet Basil Sauce Mashed Sweet Potatoes Zucchini & Tomatoes* Wheat Dinner Roll/Margarine Tropical Fruit Mix 1% or Skim Milk	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	Italian Goulash with WG Elbow Noodles Italian Blend Vegetables* Romaine Blend Salad/Dress Vienna Bread Slice/Margarine Diced Peaches 1% or Skim Milk	Chicken Cordon Bleu with Swiss Mornay Sauce Rosemary Country Diced Potato California Blend Vegetables* Wheatberry Roll/Margarine Oatmeal Raisin Cookie or Diet Cookies 1% or Skim Milk
Monday 10/8/2018	Tuesday 10/9/2018	Wednesday 10/10/2018	Thursday 10/11/2018	Friday 10/12/2018
 Senior Centers Closed	BBQ Meatballs Potato Medley Mixed Vegetables* Wheat Dinner Roll/Margarine Fresh Orange 1% or Skim Milk	Sliced Roast Beef & Gravy Mashed Potatoes Honey Glazed Carrots Rye Bread/Margarine Decorated Birthday Cake or Plain White Cake 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	All Beef Chili Dog w/ cheese on a Wheat Hot Dog Bun Steak Fries* Corn* Pineapple & Strawberries 1% or Skim Milk
Monday 10/15/2018	Tuesday 10/16/2018	Wednesday 10/17/2018	Thursday 10/18/2018	Friday 10/19/2018
BBQ Chicken Breast on a Wheat Hamburger Bun BBQ Baked Beans Potato Salad Pear Slices 1% or Skim Milk	Oven Roasted Pork Loin/Gravy Baked Sweet Potato Brussels Sprouts* Dinner Roll/Margarine Peanut Butter Cookie or Diet Cookies 1% or Skim Milk	Breakfast For Lunch!! Hearty Country Gravy w/ Sausage over Jumbo Wheat Biscuit Breakfast Potatoes Fresh Banana Orange Juice 1% or Skim Milk	Seafood Chowder Garlic & Butter Diced Reds California Blend Veg.* Marble Rye Bread/Margarine Fruit Crisp or Mixed Fruit 1% or Skim Milk	Hamburger Patty with Garlic Mushroom Gravy Scalloped Potatoes Peas & Pearl Onions* 100% Whole Wheat Bread/Marg Mandarin Oranges 1% or Skim Milk
Monday 10/22/2018	Tuesday 10/23/2018	Wednesday 10/24/2018	Thursday 10/25/2018	Friday 10/26/2018
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/Dressing PC Italian Blend Vegetables* Breadstick/Margarine Cinnamon Apples 1% or Skim Milk	10-Grain Fish Filet* Au gratin Potatoes Glazed Diced Beets Wheat Dinner Roll/Margarine Fruited Lime Gelatin Tartar Sauce PC 1% or Skim Milk	Taco Joe Sandwich on a Wheat Hamburger Bun Potato Ole's* Chuckwagon Corn* Sliced Apricots 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
Monday 10/29/2018	Tuesday 10/30/2018	Wednesday 10/31/2018		
Country Fried Steak* & Gravy Garlic Whipped Potatoes Country Blend Vegetables* Vienna Bread/Margarine Mandarin Oranges 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	"Texas Chain Saw" Beef & Three Bean Chili Goblin Carrot Fingers Ghostly Baby Potato Cakes Shallow Grave Cornbread Muffin w/ Manged Margarine & Haunted Honey PC "Carrie" Fruit Salad 1% or Spooky Skim Milk		
				
* Items to be heated or microwaved at the centers				

Menus subject to change