

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

<b>Monday 10/1/2018</b>	<b>Tuesday 10/2/2018</b>	<b>Wednesday 10/3/2018</b>	<b>Thursday 10/4/2018</b>	<b>Friday 10/5/2018</b>
Baked Cod Loin in Sweet Basil Sauce Mashed Sweet Potatoes Zucchini & Tomatoes Wheat Dinner Roll/Marg Tropical Fruit 1% Milk	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	Italian Goulash with Whole Grain Elbow Noodles Italian Blend Veggies Corn Vienna Bread Slice/Marg Diced Peaches 1% Milk	Chicken Cordon Bleu & Swiss Mornay Sauce Rosemary Country Potato California Blend Veggies Wheatberry Roll/Marg Oatmeal Raisin Cookie 1% Milk
<b>Monday 10/8/2018</b>	<b>Tuesday 10/9/2018</b>	<b>Wednesday 10/10/2018</b>	<b>Thursday 10/11/2018</b>	<b>Friday 10/12/2018</b>
  <b>Meals by Reservation Only</b>	BBQ Meatballs Potato Medley Mixed Veggies Wheat Dinner Roll/Marg Fresh Orange 1% Milk	Sliced Roast Beef/Gravy Mashed Potatoes Honey Glazed Carrots Rye Bread/Marg White Cake Square 1% Milk	Sweet & Sour Chicken Breast Oriental Blend Veggies Vegetable Egg Roll Cinnamon Raisin Bread/Marg Butterscotch Pudding 1% Milk	All Beef Hot Dog with Chili Topping Seasoned Potato Wedges Corn Wheat Hot Dog Bun Pineapple & Strawberries 1% Milk
<b>Monday 10/15/2018</b>	<b>Tuesday 10/16/2018</b>	<b>Wednesday 10/17/2018</b>	<b>Thursday 10/18/2018</b>	<b>Friday 10/19/2018</b>
BBQ Chicken Breast BBQ Baked Beans Diced Carrots Wheat Hamburger Bun Pear Slices 1% Milk	Oven Roasted Pork Loin & Gravy Diced Sweet Potatoes Brussels Sprouts Dinner Roll/Marg Peanut Butter Cookie 1% Milk	Country Fried Steak w/ Country Gravy Mashed Potatoes Mixed Vegetables Biscuit/Margarine Fresh Banana 1% Milk	Seafood Chowder Garlic & Butter Diced Reds California Blend Veggies Marble Rye Bread/Marg Fruit Crisp 1% Milk	Hamburger Patty with Garlic Mushroom Gravy Scalloped Potatoes Peas & Pearl Onions 100% Wheat Bread/Marg Mandarin Oranges 1% Milk
<b>Monday 10/22/2018</b>	<b>Tuesday 10/23/2018</b>	<b>Wednesday 10/24/2018</b>	<b>Thursday 10/25/2018</b>	<b>Friday 10/26/2018</b>
Swedish Meatballs 1/2 Baked Potato Stewed Tomatoes Wheatberry Roll/Marg Strawberry Yogurt Cup C Sour Cream PC 1% Milk	Beef Ravioli in Marinara Sauce Italian Blend Vegetables Cinnamon Apples Romaine Blend Salad Dressing PC Breadstick/Marg 1% Milk	10-Grain Fish Filet Au gratin Potatoes Glazed Diced Beets Wheat Dinner Roll/Marg Fruited Lime Gelatin Tartar Sauce PC 1% Milk	Taco Joe Sandwich Potato Wedges Chuckwagon Corn Wheat Hamburger Bun Sliced Apricots 1% Milk	Chicken Breast & Gravy Whipped Potatoes Green Beans Hearth Roll/Marg Frosted Brownie 1% Milk
<b>Monday 10/29/2018</b>	<b>Tuesday 10/30/2018</b>	<b>Wednesday 10/31/2018</b>		
Chicken Fried Steak & Gravy Garlic Whip Potatoes Country Blend Veggies Vienna Bread/Marg Mandarin Oranges 1% Milk	Orange Chicken Stir Fry with Lo Mein Noodles Japanese Blend Veggies Vegetable Egg Roll Strawberry Applesauce 1% Milk	"Texas Chain Saw" Beef & Three Bean Chili Goblin Carrot Fingers Ghostly Hashbrowns Shallow Gravy Cornbread Muffin with Manged Margarine "Carrie" Fruit Salad 1% Milk		

Menus may be subject to change