


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

Monday 9/3/2018	Tuesday 9/4/2018	Wednesday 9/5/2018	Thursday 9/6/2018	Friday 9/7/2018
 <p>Meal by Reservation Only</p>	Turkey Tetrazini Green Beans Oven Roasted Vegetables Italian Roll/Margarine Diced Pears 1% Milk	Roast Beef & Gravy Whipped Potatoes California Blend Wheat Bread/Margarine Diced Peaches 1% Milk	Meatball Marinara Potato Wedges Italian Vegetables Coney Bun Red & Blue Jell-O Cake 1% Milk	Chicken Marsala Garlic Whip Potatoes Corn Breadstick/Margarine Frosted Brownie 1% Milk
Monday 9/10/2018	Tuesday 9/11/2018	Wednesday 9/12/2018	Thursday 9/13/2018	Friday 9/14/2018
Creamy Tuna & Noodles Green Peas Stewed Tomatoes Wheat Dinner Roll/Margarine Banana 1% Milk	Teriyaki Glazed Meatballs over Brown Rice Pilaf Japanese Blend Veggies Diced Carrots Vienna Bread/Margarine Tropical Fruit 1% Milk	Oven Roasted Turkey w/ Turkey Gravy Herb Mashed Potatoes Broccoli Wheatberry Roll/Margarine Plain White Cake 1% Milk	Grilled Chicken Breast Seasoned Potato Wedges Green & Gold Beans Lettuce & Tomato Hamburger Bun Ambrosia 1% Milk	Cod Loin in Pesto Cream Sauce Potato Medley Zucchini & Tomatoes Wheat Bread/Margarine Cinnamon Applesauce 1% Milk
Monday 9/17/2018	Tuesday 9/18/2018	Wednesday 9/19/2018	Thursday 9/20/2018	Friday 9/21/2018
Spaghetti Casserole Chuckwagon Corn Green Beans Breadstick/Margarine Fresh Orange 1% Milk	Diced Turkey & Gravy Mashed Potatoes Mixed Vegetables Cornbread/Margarine Sliced Apricots 1% Milk	Pulled Pork Scalloped Potatoes Cabbage & Carrots Wheat Hamburger Bun Chocolate Chip Cookie 1% Milk	Fiesta Chicken Breast w/ Pepperjack Cheese Sauce Mexican Rice Peach Cobbler Dinner Roll/Margarine 1% Milk	Meatloaf in Gravy 1/2 Baked Potato Oregon Blend Veggies Pumpnickel/Margarine Fruit Cocktail Sour Cream 1% Milk
Monday 9/24/2018	Tuesday 9/25/2018	Wednesday 9/26/2018	Thursday 9/27/2018	Friday 9/28/2018
Polish Sausage Sauerkraut Red Skin Potatoes Marble Rye Bread/Margarine Mandarin Oranges 1% Milk	Potato Crunch Fish Filet Cheesy Hash Browns Country Blend Veggies Breadstick/Margarine Lemon Pudding Tartar Sauce 1% Milk	Hamburger Patty Baked Beans Cinnamon Applesauce Wheat Hamburger Bun Lettuce & Tomato 1% Milk	Pork Chop Fritter w/ Gravy Roasted Sweet Potatoes Cauliflower Wheat Bread/Margarine Sugar Cookie 1% Milk	Taco Meat Fiesta Corn Baked Pineapple Tomato, Lettuce, Cheese Flour Tortilla Taco Sauce 1% Milk

Menus may be subject to change