

**Eastern Nebraska Office on Aging  
Congregate Menu  
February 2019**



				<b>Friday 2/1/2019</b>
				10 Grain Fish Filet* w/ Tartar Sauce Oven Roasted Baby Reds Oven Roasted Vegetables* Italian Roll/Margarine Fruit Cocktail 1% or Skim Milk
<b>Monday 2/4/2019</b>	<b>Tuesday 2/5/2019</b>	<b>Wednesday 2/6/2019</b>	<b>Thursday 2/7/2019</b>	<b>Friday 2/8/2019</b>
Ham & Scalloped Potatoes Broccoli* Honey Wheat Bread/Marg Cinnamon Apple Slices 1% or Skim Milk	Cheeseburger* on a Wheat Hamburger Bun w/ Leaf Lettuce, Tomato, Red Onions & Pickle Slices Baked Beans Fruited Gelatin or Diet Fruited Gelatin 1% or Skim Milk	Hawaiian BBQ Chicken Brown Rice Pilaf Cauliflower* Diced Carrots Rye Bread Slice/Margarine Tapioca Pudding or Diet Pudding 1% or Skim Milk	Roasted Pork Loin with Apple Chutney Mashed Potatoes Green Beans* WG Dinner Roll/Margarine Mandarin Oranges 1% or Skim Milk	Beef Taco Casserole with WG Rotini Pasta Mexican Corn* Cowboy Caviar Vienna Bread Slice/Margarine Pineapple Tidbits 1% or Skim Milk
<b>Monday 2/11/2019</b>	<b>Tuesday 2/12/2019</b>	<b>Wednesday 2/13/2019</b>	<b>Thursday 2/14/2019</b>	<b>Friday 2/15/2019</b>
Chicken Tenders* Spinach Casserole Potato Medley Honey Wheat Brd/Margarine Diced Peaches 1% or Skim Milk	Italian Meatballs Baked Potato/Sour Cream Broccoli* WG Breadstick/Margarine Sugar Cookie or Diet Cookies 1% or Skim Milk	Sliced Roast Beef & Gravy Garlic Mashed Potatoes Brussels Sprouts* Vienna Bread/Margarine Decorated Birthday Cake or Plain Cake Square 1% or Skim Milk	Fried Chicken Breast*/Gravy Twice Baked Mashed Potatoes Glazed Carrots WG Dinner Roll/Margarine Strawberry Cheesecake Pudding or Diet Pudding % or Skim Milk	Pork Fritter* Mashed Potatoes & Gravy Creamed Cabbage Marble Bread/Margarine Carrifruit Salad 1% or Skim Milk
<b>Monday 2/18/2019</b>	<b>Tuesday 2/19/2019</b>	<b>Wednesday 2/20/2019</b>	<b>Thursday 2/21/2019</b>	<b>Friday 2/22/2019</b>
<p><b>Senior Center Closed</b></p>	Pizza Joe Sandwich on WG Hamburger Bun Shredded Mozzarella Cheese Seasoned Potato Wedges* Italain Blend Vegetables Fresh Orange 1% or Skim Milk	Liver w/ Onion Gravy Whipped Potatoes Green Beans* Honey Wheat Bread/Margarine Blueberry Muffin Square or Diet Cookies 1% or Skim Milk	Baked Cod Loin in Citrus Cream Sauce Baked Sweet Potatoes Green Peas* Pumpernickle Bread/Margarine Apricot Halves 1% or Skim Milk	Beefy Mac Casserole with Cavatapi Noodles Romaine Blend Salad/Dress Capri Blend Vegetables* Wheatberry Roll/Margarine Mandarin Oranges 1% or Skim Milk
<b>Monday 2/25/2019</b>	<b>Tuesday 2/26/2019</b>	<b>Wednesday 2/27/2019</b>	<b>Thursday 2/28/2019</b>	
Ham & Northern Beans Roasted Baby Carrots Cornbread/Margarine Cherry Cobbler or Pear Slices 1% or Skim Milk	Turkey Breast & Gravy Potato Medley Zuchinni & Tomatoes* WG Dinner Roll/Margarine Strawberry Shortcake or Plain Cake 1% or Skim Milk	Soft Shell Beef Taco w/ Shred Cheese, Lettuce and Diced Tomato Fiesta Corn Sour Cream & Taco Sauce Sliced Peaches 1% or Skim Milk	Teriyaki Meatballs over Asian White Rice Oriental Blend Vegetables* Green Beans Fortune Cookie Cinn. Raisin Bread/Margarine Diced Pears 1% or Skim Milk	<p>* Items to be heated or microwaved at the centers</p>

Menus may be subject to change