





**Eastern Nebraska Office on Aging  
Meals on Wheels Menu  
February 2019**

				<p align="center"><b>Friday 2/1/2019</b></p> <p>10 Grain Fish Filet Oven Roasted Vegetables Oven Roasted Baby Reds Italian Roll/Margarine Fruit Cocktail Tartar Sauce 1% Milk</p>
<p align="center"><b>Monday 2/4/2019</b></p> <p>Ham &amp; Scalloped Potato Broccoli Cinnamon Apple Slices Honey Wheat Bread/Marg 1% Milk</p>	<p align="center"><b>Tuesday 2/5/2019</b></p> <p>Hamburger Patty Baked Beans Mixed Vegetables Leaf Lettuce &amp; Tomato Wheat Hamburger Bun Fruited Gelatin 1% Milk</p>	<p align="center"><b>Wednesday 2/6/2019</b></p> <p>Hawaiian BBQ Chicken over Brown Rice Pilaf Cauliflower Diced Carrots Rye Bread/Margarine Tapioca Pudding 1% Milk</p>	<p align="center"><b>Thursday 2/7/2019</b></p> <p>Roasted Pork Loin with Apple Chutney Mashed Potatoes Green Beans WG Dinner Roll/Margarine Mandarin Oranges 1% Milk</p>	<p align="center"><b>Friday 2/8/2019</b></p> <p>Beef Taco Casserole with WG Rotini Pasta Mexican Corn Peas &amp; Carrots Vienna Bread Slice/Margarine Pineapple Tidbits 1% Milk</p>
<p align="center"><b>Monday 2/11/2019</b></p> <p>Chicken Tenders Spinach Casserole Potato Medley Honey Wheat Brd/Marg Diced Peaches 1% Milk</p>	<p align="center"><b>Tuesday 2/12/2019</b></p> <p>Italian Meatballs 1/2 Baked Potato Broccoli WG Breadstick/Margarine Sugar Cookie Sour Cream PC 1% Milk</p>	<p align="center"><b>Wednesday 2/13/2019</b></p> <p>Sliced Roast Beef/Gravy Garlic Mashed Potatoes Brussels Sprouts Vienna Bread/Marg Plain Cake Square 1% Milk</p>	<p align="center"><b>Thursday 2/14/2019</b></p> <p>Fried Chicken Breast/Gravy Twice Baked Mashed Glazed Carrots WG Dinner Roll/Marg Strawberry Cheesecake Pudding 1% Milk</p> 	<p align="center"><b>Friday 2/15/2019</b></p> <p>Pork Fritter &amp; Gravy Mashed Potatoes Creamed Cabbage Marble Bread/Marg Carrifruit Salad 1% Milk</p>
<p align="center"><b>Monday 2/18/2019</b></p>  <p align="center"><i>Meals by Reservation Only</i></p>	<p align="center"><b>Tuesday 2/19/2019</b></p> <p>Pizza Joe Sandwich Seasoned Potato Wedges Italian Blend Veggies WG Hamburger Bun Fresh Orange 1% Milk</p>	<p align="center"><b>Wednesday 2/20/2019</b></p> <p>Meatballs with Onion Gravy Whipped Potatoes Green Beans Honey Wheat Bread/Marg Blueberry Muffin Square 1% Milk</p>	<p align="center"><b>Thursday 2/21/2019</b></p> <p>Baked Cod Loin in Citrus Cream Sauce Baked Sweet Potatoes Green Peas Pumpernickle Bread/Margarine Apricot Halves 1% Milk</p>	<p align="center"><b>Friday 2/22/2019</b></p> <p>Beefy Mac Casserole with Cavatapi Noodles Corn Capri Blend Veggies Wheatberry Roll/Margarine Mandarin Oranges 1% Milk</p>
<p align="center"><b>Monday 2/25/2019</b></p> <p>Ham &amp; Northern Beans Roasted Baby Carrots Cherry Cobbler Cornbread/Margarine 1% Milk</p>	<p align="center"><b>Tuesday 2/26/2019</b></p> <p>Turkey Breast &amp; Gravy Potato Medley Zuchinni &amp; Tomatoes WG Dinner Roll/Margarine Strawberry Shortcake 1% Milk</p>	<p align="center"><b>Wednesday 2/27/2019</b></p> <p>Taco Meat Fiesta Corn Peach Slices Lettuce/Tomato/Cheese 8" Flour Tortilla Taco Sauce PC 1% Milk</p>	<p align="center"><b>Thursday 2/28/2019</b></p> <p>Teriyaki Meatballs over Asian White Rice Oriental Blend Veggies Green Beans Cinn. Raisin Bread/Margarine Diced Pears 1% Milk</p>	

Menus may be subject to change