

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

| | Tuesday 1/1/2019 | Wednesday 1/2/2019 | Thursday 1/3/2019 | Friday 1/4/2019 |
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|  * Items to be heated or microwaved at the centers |  Senior Center Closed | Ham & Scalloped Potatoes Broccoli* Honey Wheat Bread/Margarine 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 | Chicken Tenders* Spinach Casserole Potato Medley WG Breadstick/Margarine Diced Peaches 1% or Skim Milk |
| Monday 1/7/2019 | Tuesday 1/8/2019 | Wednesday 1/9/2019 | Thursday 1/10/2019 | Friday 1/11/2019 |
| Hawaiian BBQ Chicken over Brown Rice Pilaf Cauliflower* Diced Carrots Rye Bread Slice/Margarine Tapioca Pudding or Diet Pudding 1% or Skim Milk | Beefy Mac Casserole with Cavatapi Noodles Romaine Blend Salad/Dressing Capri Blend Vegetables* 100% Whole Grain Bread/Marg Mandarin Oranges 1% or Skim Milk | Roasted Pork Loin with Apple Chutney Mashed Potatoes Green Beans* WG Dinner Roll/Margarine Decorated Birthday Cake or Plain Cake Square 1% or Skim Milk | 10 Grain Fish Filet* w/ Tartar Sauce Oven Roasted Baby Reds Green Peas* Italian Roll/Margarine Fruit Cocktail 1% or Skim Milk | Pizza Joe Sandwich on WG Hamburger Bun Shredded Mozzarella Cheese Seasoned Potato Wedges* Italian Blend Vegetables* Diced Pears 1% or Skim Milk |
| Monday 1/14/2019 | Tuesday 1/15/2019 | Wednesday 1/16/2019 | Thursday 1/17/2019 | Friday 1/18/2019 |
| Beef Taco Casserole with WG Rotini Pasta Mexican Corn* Cowboy Caviar Vienna Bread Slice/Marg Pineapple Tidbits 1% or Skim Milk | Breaded Chicken* Sandwich on WG Hamburger Bun w/ Lettuce & Tomato Twice Baked Whipped Potatoes Mixed Vegetables* Cherry Vanilla Yogurt PC or Diet Pudding 1% or Skim Milk | Italian Meatballs Baked Potato/Sour Cream Brussels Sprouts* WG Breadstick/Margarine Sugar Cookie or Diet Cookies 1% or Skim Milk | Turkey Breast & Gravy Potato Medley Broccoli* WG Dinner Roll/Margarine Strawberry Shortcake or Plain Cake 1% or Skim Milk | Baked Cod Loin in Citrus Cream Sauce Baked Sweet Potatoes Zucchini & Tomatoes* Pumpkin Bread/Marg Apricot Halves 1% or Skim Milk |
| Monday 1/21/2019 | Tuesday 1/22/2019 | Wednesday 1/23/2019 | Thursday 1/24/2019 | Friday 1/25/2019 |
| Martin Luther King Jr. Holiday Senior Center Closed  | California Cheesy Chicken & Brown Rice Casserole Green Beans* WG Dinner Roll/Margarine Cinnamon Pear Slices 1% or Skim Milk | Soft Shell Beef Taco w/ Shred Cheese, Lettuce and Diced Tomato Fiesta Corn* Sour Cream & Taco Sauce Diced Peaches 1% or Skim Milk | Pork Fritter* Twiced Baked Potatoes Creamed Cabbage Marble Bread/Margarine Blueberry Muffin Square or Diet Cookies 1% or Skim Milk | Salisbury Steak with Onion Gravy Whipped Potatoes Country Blend Vegetables* Wheatberry Roll/Margarine Carrifruit Salad 1% or Skim Milk |
| Monday 1/28/2019 | Tuesday 1/29/2019 | Wednesday 1/30/2019 | Thursday 1/31/2019 |  |
| Teriyaki Meatballs over Asian White Rice Oriental Blend Vegetables* Cauliflower* Fortune Cookie Cinn. Raisin Bread/Marg Fresh Orange 1% or Skim Milk | Sliced Roast Beef & Gravy Garlic Mashed Potatoes Glazed Beets Vienna Bread/Margarine Lemon Pudding or Diet Pudding 1% or Skim Milk | Scalloped Chicken Casserole Romaine Blend Salad/Dress Stewed Tomatoes Whole Grain Bread Slice/Marg Glazed Pineapple 1% or Skim Milk | Ham & Northern Beans Roasted Baby Carrots Cornbread/Margarine Cherry Cobbler or Pear Slices 1% or Skim Milk | |

Menus may be subject to change