

**Eastern Nebraska Office on Aging**

**Meals on Wheels Menu**

**January 2019**

	<b>Tuesday</b> <b>1/1/2019</b>	<b>Wednesday</b> <b>1/2/2019</b>	<b>Thursday</b> <b>1/3/2019</b>	<b>Friday</b> <b>1/4/2019</b>
	<p align="center"><b>New Year's Day</b></p> <p align="center"><b>Meals by Reservation Only</b></p>	Ham & Scalloped Potato Broccoli Cinnamon Apple Slices Honey Wheat Bread/Marg 1% Milk	Hamburger Patty Baked Beans Mixed Vegetables Leaf Lettuce & Tomato Wheat Hamburger Bun Fruited Gelatin 1% Milk	Chicken Tenders Spinach Casserole Potato Medley WG Breadstick/Margarine Diced Peaches 1% Milk
<b>Monday</b> <b>1/7/2019</b>	<b>Tuesday</b> <b>1/8/2019</b>	<b>Wednesday</b> <b>1/9/2019</b>	<b>Thursday</b> <b>1/10/2019</b>	<b>Friday</b> <b>1/11/2019</b>
Hawaiian BBQ Chicken over Brown Rice Pilaf Cauliflower Diced Carrots Rye Bread/Margarine Tapioca Pudding 1% Milk	Beefy Mac Casserole with Cavatapi Noodles Corn Capri Blend Veggies 100% Wheat Bread/Marg Mandarin Oranges 1% Milk	Roasted Pork Loin with Apple Chutney Mashed Potatoes Green Beans WG Dinner Roll/Margarine Plain Cake Square 1% Milk	10 Grain Fish Filet Green Peas Oven Roasted Baby Reds Italian Roll/Margarine Fruit Cocktail Tartar Sauce 1% Milk	Pizza Joe Sandwich Seasoned Potato Wedges Italian Blend Veggies WG Hamburger Bun Diced Peaches 1% Milk
<b>Monday</b> <b>1/14/2019</b>	<b>Tuesday</b> <b>1/15/2019</b>	<b>Wednesday</b> <b>1/16/2019</b>	<b>Thursday</b> <b>1/17/2019</b>	<b>Friday</b> <b>1/18/2019</b>
Beef Taco Casserole with WG Rotini Pasta Mexican Corn Peas Vienna Bread Slice/Margarine Pineapple Tidbits 1% Milk	Breaded Chicken Patty Twice Baked Whip Potato Mixed Vegetables WG Hamburger Bun Cherry Vanilla Yogurt 1% Milk	Italian Meatballs 1/2 Baked Potato Brussel Sprouts WG Breadstick/Margarine Sugar Cookie Sour Cream PC 1% Milk	Turkey Breast & Gravy Potato Medley Broccoli WG Dinner Roll/Margarine Strawberry Applesauce 1% Milk	Baked Cod Loin in Citrus Cream Sauce Baked Sweet Potatoes Zucchini & Tomatoes Pumpernickel Bread/Marg Apricot Halves 1% Milk
<b>Monday</b> <b>1/21/2019</b>	<b>Tuesday</b> <b>1/22/2019</b>	<b>Wednesday</b> <b>1/23/2019</b>	<b>Thursday</b> <b>1/24/2019</b>	<b>Friday</b> <b>1/25/2019</b>
<p align="center"><b>Martin Luther King Jr. Holiday</b></p> <p align="center"><b>Meals by Reservation Only</b></p> 	California Cheesy Chicken & Brown Rice Casserole Green Beans Cinnamon Pear Slices WG Dinner Roll/Margarine 1% Milk	Taco Meat Fiesta Corn Peach Slices Lettuce/Tomato/Cheese 8" Flour Tortilla Taco Sauce PC 1% Milk	Pork Fritter & Gravy Twiced Baked Potatoes Creamed Cabbage Marble Bread/Margarine Blueberry Muffin Square 1% Milk	Salisbury Steak with Onion Gravy Whipped Potatoes Country Blend Veggies Wheat berry Roll/Margarine Carrifruit Salad 1% Milk
<b>Monday</b> <b>1/28/2019</b>	<b>Tuesday</b> <b>1/29/2019</b>	<b>Wednesday</b> <b>1/30/2019</b>	<b>Thursday</b> <b>1/31/2019</b>	
Teriyaki Meatballs over Asian White Rice Oriental Blend Veggies Cauliflower Cinnamon Raisin Bread/Marg Fresh Orange 1% Milk	Sliced Roast Beef/Gravy Garlic Mashed Potatoes Glazed Beets Vienna Bread/Margarine Lemon Pudding 1% Milk	Scalloped Chicken Casserole Stewed Tomatoes Glazed Pineapple Whole Grain Bread/Marg Romaine Blend Salad/ Salad Dressing 1% Milk	Ham & Northern Beans Roasted Baby Carrots Cherry Cobbler Cornbread/Margarine 1% Milk	

Menus may be subject to change