





**Eastern Nebraska Office on Aging
Congregate Meals
February 2022**

	Tuesday 2/1/2022	Wednesday 2/2/2022	Thursday 2/3/2022	Friday 2/4/2022
 * Items to be heated or microwaved at the centers	Pizza Joe Sandwich on WG Hamburger Bun Shredded Mozzarella Cheese Seasoned Potato Wedges Italian Blend Vegetables Fruit Cocktail 1% or Skim Milk	Hawaiian BBQ Chicken Brown Rice Pilaf Cauliflower Rye Bread Slice/Marg Butterscotch Pudding or Diet Pudding 1% or Skim Milk	Roasted Pork Chop with Apple Chutney Mashed Potatoes Green Beans Wheatberry Roll/Marg Mandarin Oranges 1% or Skim Milk	Beef Stew with Potatoes, Carrots & Peas Romaine Blend Salad/Dress Chuckwagon Corn Mini Buttermilk Biscuit/Marg Pineapple Tidbits 1% or Skim Milk
Monday 2/7/2022	Tuesday 2/8/2022	Wednesday 2/9/2022	Thursday 2/10/2022	Friday 2/11/2022
Oven Fried Chicken Breast & Gravy Oven Roasted Baby Reds Green Peas Honey Wheat Bread/Marg Diced Peaches 1% or Skim Milk	Italian Meatballs Baked Potato/Sour Cream PC Broccoli WG Breadstick/Marg Sugar Cookie or Diet Cookies 1% or Skim Milk	Sliced Roast Beef & Gravy Garlic Mashed Potatoes Brussels Sprouts Vienna Bread/Marg Decorated Birthday Cake or Plain Cake Square 1% or Skim Milk	Meatloaf & Gravy Twice Baked Mashed Potatoes Glazed Carrots WG Dinner Roll/Marg Fruit Mix 1% or Skim Milk	Pork Fritter Mashed Potatoes & Gravy Creamed Cabbage Marble Bread/Marg Sliced Pears 1% or Skim Milk
Monday 2/14/2022	Tuesday 2/15/2022	Wednesday 2/16/2022	Thursday 2/17/2022	Friday 2/18/2022
Baked Ham Baked Sweet Potatoes Winter Mix WG Dinner Roll/Marg Strawberry Cheesecake Pudding or Diet Pudding 1% or Skim Milk  Happy Valentine's Day	Cheeseburger on a WG Hamburger Bun w/ Leaf Lettuce, Tomato, Red Onions & Pickle Slices Baked Beans Fresh Orange 1% or Skim Milk	Cheese Omelet Chef Mike's Cheese Sauce Breakfast Potatoes Vegetable Juice Blueberry Muffin Glazed Pineapple or Plain Pineapple 1% or Skim Milk	Teriyaki Meatballs Oriental Blend Vegetables Brown Rice Pilaf Fortune Cookie Cinn. Raisin Bread/Marg Diced Pears 1% or Skim Milk	Cheese Ravioli in Marinara with Shredded Mozzarella Cauliflower Romaine Blend Salad Dressing Pc WG Breadstick/Marg Frosted Brownie or Diet Cookies 1% or Skim Milk
Monday 2/21/2022	Tuesday 2/22/2022	Wednesday 2/23/2022	Thursday 2/24/2022	Friday 2/25/2022
 Senior Center Closed	Turkey Breast & Gravy Potato Medley Zucchini & Tomatoes WG Dinner Roll/Marg Strawberry Shortcake or Plain Cake Square 1% or Skim Milk	Liver w/ Onion Gravy Mashed Potatoes Green Beans Wheatberry Roll/Marg Fruit Cocktail 1% or Skim Milk	Soft Shell Beef Taco Taco Meat, Shred Cheese Shred Lettuce, Diced Tomato Fiesta Corn 8" Flour Tortilla Sour Cream & Taco Sauce PCs Applesauce 1% or Skim Milk	10 Grain Fish Filet Oven Roasted Baby Reds Oven Roasted Vegetables Italian Roll/Marg Chocolate Chip Cookie or Diet Cookies Tartar Sauce PC 1% or Skim Milk
Monday 2/28/2022				
Country Fried Steak Mashed Potatoes & Gravy Brussels Sprouts Marble Bread/Marg Classic Fruit Salad 1% or Skim Milk	 Happy Valentine's Day!			

Menus subject to change