



Eastern Nebraska Office on Aging
Meals on Wheels
March 2022

	Tuesday 3/1/2022	Wednesday 3/2/2022	Thursday 3/3/2022	Friday 3/4/2022
	Beef & Bean Chili 1/2 Baked Potato Green Beans Cornbread/Marg Tropical Fruit Sour Cream PC 1% Milk	Baked Cod Loin in Citrus Cream Sauce Diced Sweet Potatoes Green Peas Pumpernickel Bread/Marg Apricot Halves 1% Milk <i>Ash Wednesday</i>	Ham & Scalloped Potato Winter Blend Vegetables Cinnamon Apple Slices WG Dinner Roll/Marg 1% Milk	Breaded Fish Sandwich Creamed Corn Carrot Coins WG Hamburger Bun Lettuce & Tomato Fruited Gelatin Tartar Sauce PC 1% Milk
Monday 3/7/2022	Tuesday 3/8/2022	Wednesday 3/9/2022	Thursday 3/10/2022	Friday 3/11/2022
California Cheesy Chicken & Brown Rice Casserole Zucchini & Tomatoes Diced Pears WG Dinner Roll/Marg 1% Milk	Hamburger Patty Potato Wedges Mixed Vegetables Leaf Lettuce & Tomato Wheat Hamburger Bun Chocolate Chip Muffin 1% Milk	Turkey Breast & Gravy Potato Medley Green Beans WG Dinner Roll/Marg Plain Cake Square 1% Milk	Meatloaf & Gravy Twice Baked Whip Potato Mixed Vegetables WG Bread Slice/Marg Cherry Vanilla Yogurt PC 1% Milk	Potato Crunch Fish Filet Diced Sweet Potatoes Spring Blend Veggies WG Petite Roll/Marg Applesauce Tartar Sauce PC 1% Milk
Monday 3/14/2022	Tuesday 3/15/2022	Wednesday 3/16/2022	Thursday 3/17/2022	Friday 3/18/2022
Chicken Tenders Potato Medley Spinach Casserole WG Breadstick/Marg Diced Peaches BBQ Sauce PC 1% Milk	Taco Meat Fiesta Corn Glazed Pineapple Lettuce/Tomato/Cheese 8" Flour Tortilla Taco Sauce PC 1% Milk	Pork Fritter & Gravy Mashed Potatoes Brussels Sprouts Marble Bread/Marg Classic Fruit Salad 1% Milk	Corned Beef Cabbage & Carrots Diced Baby Reds WG Dinner Roll/Marg Emerald Pudding 1% Milk	10 Grain Fish Filet Cheesy Mashed Potatoes Oven Roasted Veggies Italian Roll/Marg Fruit Cocktail Tartar Sauce PC 1% Milk
Monday 3/21/2022	Tuesday 3/22/2022	Wednesday 3/23/2022	Thursday 3/24/2022	Friday 3/25/2022
Ham & Northern Beans Broccoli Cherry Cobbler WG Dinner Roll/Marg 1% Milk	Chicken Breast with Supreme Sauce Garlic Whip Potatoes Roasted Baby Carrots Marble Rye Bread/Marg Oatmeal Raisin Cookie 1% Milk	Teriyaki Meatballs Oriental Blend Veggies Diced Sweet Potatoes Cinn. Raisin Bread/Marg Diced Pears 1% Milk	Pizza Joe Sandwich Seasoned Potato Wedges Italian Blend Veggies WG Hamburger Bun Pineapple Tidbits 1% Milk	Cheese Ravioli with Marinara Sauce Green Peas Diced Carrots WG Breadstick/Marg Peaches & Strawberries 1% Milk
Monday 3/28/2022	Tuesday 3/29/2022	Wednesday 3/30/2022	Thursday 3/31/2022	
Hawaiian BBQ Chicken Brown Rice Pilaf Winter Blend Vienna Bread/Marg Fruit Mix 1% Milk	Sliced Roast Beef/Gravy Mashed Potatoes Glazed Diced Beets Heavy Hearth Roll/Marg Frosted Brownie 1% Milk	Roasted Pork Chop with Apple Chutney 1/2 Baked Potato Green Beans WG Dinner Roll/Marg Diet Strawberry Jello Cake Sour Cream PC 1% Milk	Beefy Mac Casserole with Cavatappi Noodles Corn Capri Blend Veggies 100% Wheat Bread/Marg Mandarin Oranges 1% Milk	

Menus subject to change