

MOW FEBRUARY 2026 DIET MENU

Eastern Nebraska Office on Aging

Monday 2/2/2026	Tuesday 2/3/2026	Wednesday 2/4/2026	Thursday 2/5/2026	Friday 2/6/2026
H Polish Sausage H Diced Potatoes H Country Blend Vegetables C WG Hoagie Bun C Sliced Pears 1% Milk	H Beef Ravioli with Pink Sauce H Cauliflower H Green Beans C WG Breadstick/Marg C Chocolate Chip Cookie or Diet Cookie for Diabetics 1% Milk	Homemade Soup Day H Beef & Bean Chili H Diced Potatoes H Broccoli C WG Breadstick/Marg C Pineapple Tidbits 1% Milk	H BBQ Chicken Sandwich H Twice Baked Mashed H Carrot Coins C WG Hamburger Bun C Fruit Mix 1% Milk	H Chicken Fett. Alfredo Cass. H Stewed Tomatoes H Straw. & Peaches C Mixed Greens Side Salad C Dressing PC C WG Dinner Roll/Marg 1% Milk
Monday 2/9/2026	Tuesday 2/10/2026	Wednesday 2/11/2026	Thursday 2/12/2026	Friday 2/13/2026
H Hamburger Patty H Baked Beans H Mixed Vegetables C WG Hamburger Bun C Fresh Orange 1% Milk	H Western Omelet in Cheese Sauce H Diced Potatoes H Peppers & Onions C WG Bread Slice/Marg 1% Milk	H Turkey Roast in Gravy H Mashed Potatoes H Green Beans C WG Dinner Roll/Marg C Chocolate Moon Pie 1% Milk	H Meatballs in Gravy H Brown Rice Pilaf H Broccoli C Cinn. Raisin Bread/Marg C Mandarins & Pineapple 1% Milk	H Sliced Roast Beef/Gravy H 1/2 Baked Potato H California Blend Veggies C WG Dinner Roll/Marg C Sour Cream PC C Red Velvet Pudding or Diet Pudding for Diabetics 1% Milk
Monday 2/16/2026	Tuesday 2/17/2026	Wednesday 2/18/2026	Thursday 2/19/2026	Friday 2/20/2026
Presidents' Day MOW CLOSED Frozen meal delivered 2/11 by reservation	H Oven Fried Chicken Breast in Country Gravy H Mashed Potatoes H Corn C WG Dinner Roll/Marg C Oatmeal Cream Pie 1% Milk	Ash Wednesday H Potato Crunch Fish Filet H Potato Medley H Carrot Coins C Pumpernickel Bread/Marg C Fruit Cocktail 1% Milk	H Cheesy Joe Sandwich H Fiesta Bean Trio H Peppers & Onions C WG Hot Dog Bun C Applesauce 1% Milk	H Meatballs in Gravy H Mixed Vegetables H Broccoli C WG Breadstick C M&M Cookie or Diet Cookie for Diabetics 1% Milk
Monday 2/23/2026	Tuesday 2/24/2026	Wednesday 2/25/2026	Thursday 2/26/2026	Friday 2/27/2026
H Hamburger Patty with Country Gravy H Mashed Potatoes H Brussels Sprouts C Marble Bread/Marg C WG Banana Bread Loaf 1% Milk	H All Beef Chili Dog H Diced Potatoes H Broccoli C Strawberries & Pineapple C WG Hot Dog Bun 1% Milk	H Meatballs with Onion Gravy H Whipped Potatoes H Green Beans C Honey Wheat Bread/Marg C Apricot Halves 1% Milk	H Salisbury Steak/Gravy H Green Peas H Diced Carrots C WG Breadstick/Marg C Sliced Peaches 1% Milk	H Tuna & Noodle Casserole H Winter Blend Veggies H Stewed Tomatoes C WG Dinner Roll/Marg C Applesauce 1% Milk

These meals may contain the following allergens: Peanut, Tree Nuts, Seafood, Shellfish, Soy, Eggs, Milk, Wheat, and Sesame Seeds