


APRIL 2026 DIET MENU

EASTERN NEBRASKA OFFICE ON AGING
MEALS ON WHEELS

402-444-6766

<p>Please call our office by 9am to cancel your meal for the day!</p>		<p>Wednesday 4/1/2026</p> <p>H Baked Ham H 1/2 Baked Potato H Brussels Sprouts C Sourdough Roll/Marg C Fruited Diet Jell-O C Sour Cream PC 1% Milk</p>	<p>Thursday 4/2/2026</p> <p>H Sloppy Joe Sandwicch H Diced Potatoes H Cali Blend Vegetables C WG Hamburger Bun C Cinnamon Apple Sauce 1% Milk</p>	<p>Friday 4/3/2026</p> <p>H Breaded Fish Wedge H Chuckwagon Corn H Green Peas C WG Coney Bun C Mandarin Oranges C Tartar Sauce PC 1% Milk</p>
		<p>Monday 4/6/2026</p> <p>H Chicken Breast w/Gravy H Spanish Rice H Mixed Vegetables C WG Breadstick/Marg C Fruit Cocktail 1% Milk</p>	<p>Tuesday 4/7/2026</p> <p>H Hamburger Patty H Cheesy Hashbrowns H Country Blend Veggies C WG Hamburger Bun C Leaf Lett.& Slice Tom C Coffee Cake or Diet Cookie for Diabetics 1% Milk</p>	<p>Wednesday 4/8/2026</p> <p>H Roast Beef & Gravy H Garlic Mashed Potatoes H Roasted Baby Carrots C Vienna Bread/Marg C Plain Cake Square 1% Milk</p>
<p>Monday 4/13/2026</p> <p>H Polish Sausage H Corn H Peppers & Onions C WG Mini Hoagie Bun C Tropical Fruit Mix 1% Milk</p>	<p>Tuesday 4/14/2026</p> <p>H Beefy Mac Casserole H Peas & Carrots H Brussels Sprouts C WG Dinner Roll C Apricot Halves 1% Milk</p>	<p>Wednesday 4/15/2026</p> <p>H Chicken Breast w/ Cordon Bleu Sauce H Diced Baby Red Potatoes H Broccoli C WG Breadstick/Marg C Fresh Orange 1% Milk</p>	<p>Thursday 4/16/2026</p> <p>H Meatloaf in Mushroom Gravy H Twice Baked Mash Potatoes H Green Beans C WG Dinner Roll/Marg C Oatmeal Cream Pie or Diet Cookie for Diabetics 1% Milk</p>	<p>Friday 4/17/2026</p> <p>H Hamburger Patty w/Gravy H Brown Rice H Carrot Coins C Cinn. Raisin Bread/Marg C Pineapple Tidbits 1% Milk</p>
<p>Monday 4/20/2026</p> <p>H Country Fried Steak w/ Country Gravy H Mashed Potatoes H Diced Carrots C Honey Wheat Bread/Marg C Diced Peaches 1% Milk</p>	<p>Tuesday 4/21/2026</p> <p>H All Beef Hot Dog H Diced Potatoes H Broccoli C WG Hot Dog Bun C Fruit Mix 1% Milk</p>	<p>Wednesday 4/22/2026</p> <p>H Pork Chop in Gravy H Mashed Potatoes H Applesauce C Mixed Greens Side Salad C Dressing PC C WG Dinner Roll/Marg 1% Milk</p>	<p>Thursday 4/23/2026</p> <p>H Hamburger Patty H Green Beans H Cheesy Hashbrowns C WG Hamburger Bun C Choc. Chip Cookie or Diet Cookie for Diabetics 1% Milk</p>	<p>Friday 4/24/2026</p> <p>H Oven Fried Chicken Breast w/ Country Gravy H Diced Sweet Potatoes H Country Blend Veggies C Vienna Bread Slice/Marg C Nutty Buddy Stick 1% Milk</p>
<p>Monday 4/27/2026</p> <p>H Chicken Breast with Chicken Gravy H Wild Rice H Broccoli C WG Breadstick/Marg C Chocolate Pudding or Diet Pudding for Diabetics 1% Milk</p>	<p>Tuesday 4/28/2026</p> <p>H BBQ Pork Rib Patty H Potato Medley H Diced Carrots C WG Coney Bun C Pineapple & Strawberries Or Pineapple for Diabetics 1% Milk</p>	<p>Wednesday 4/29/2026</p> <p>H Meatballs in Brown Gravy H Mashed Potatoes H Diced Beets C Petite Roll/Marg C Sliced Peaches 1% Milk</p>	<p>Thursday 4/30/2026</p> <p>H Mild Italian Sausage in Marinara Sauce H Pepper & Onion Mix H Sliced Peaches C Mixed Greens Salad C Dressing PC C Hoagie Bun 1% Milk</p>	
<p>**These meals may contain the following allergens: Peanut, Tree Nuts, Seafood, Shellfish, Soy, Eggs, Milk, Wheat, and Sesame Seeds**</p>				