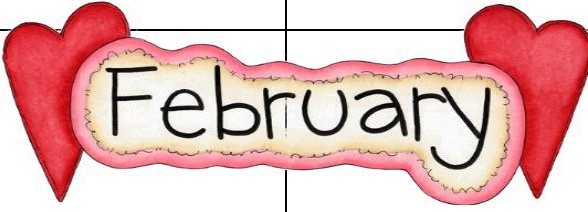





**Eastern Nebraska Office on Aging
Congregate Meals
February 2023**

		<p align="center">Wednesday 2/1/2023</p> <p>Hawaiian BBQ Chicken Brown Rice Pilaf Cauliflower* WG Dinner Roll/Marg Butterscotch Pudding or Diet Pudding 1% or Skim Milk</p>	<p align="center">Thursday 2/2/2023</p> <p>Roasted Pork Chop with Apple Chutney Mashed Potatoes Green Beans* Wheatberry Roll/Marg Mandarin Oranges 1% or Skim Milk</p>	<p align="center">Friday 2/3/2023</p> <p>Beef Stew with Potatoes, Carrots & Peas Mixed Greens Salad/Dress PC Chuckwagon Corn* Mini Buttermilk Biscuit/Marg Pineapple Tidbits 1% or Skim Milk</p>
		<p align="center">Monday 2/6/2023</p> <p>Oven Fried Chicken* Breast & Gravy Oven Roasted Baby Reds Green Peas* Honey Wheat Bread/Marg Diced Peaches 1% or Skim Milk</p>	<p align="center">Tuesday 2/7/2023</p> <p>Italian Meatballs Baked Potato/Sour Cream PC Broccoli* WG Breadstick/Marg Sugar Cookie or Diet Cookies 1% or Skim Milk</p>	<p align="center">Wednesday 2/8/2023</p> <p>Sliced Roast Beef & Gravy Garlic Mashed Potatoes Brussels Sprouts* Vienna Bread/Marg Decorated Birthday Cake or Plain Cake Square 1% or Skim Milk</p>
<p align="center">Monday 2/13/2023</p> <p>Cheesburger* on a WG Hamburger Bun w/ Leaf Lettuce, Tomato, Red Onions & Pickle Slices Potato Wedges* Fresh Orange 1% or Skim Milk</p>	<p align="center"> Tuesday 2/14/2023</p> <p>Baked Ham* Baked Sweet Potato Winter Mix* WG Dinner Roll/Marg Strawberry Cheesecake Pudding or Diet Pudding 1% or Skim Milk Happy Valentine's Day</p>	<p align="center">Wednesday 2/15/2023</p> <p>Western Omelet* in Cheese Sauce Breakfast Potatoes Vegetable Juice Blueberry Muffin Glazed Pineapple or Plain Pineapple 1% or Skim Milk</p>	<p align="center">Thursday 2/16/2023</p> <p>Sweet & Sour Meatballs Oriental Blend Vegetables* Brown Rice Pilaf Cinn. Raisin Bread/Marg Diced Pears 1% or Skim Milk</p>	<p align="center">Friday 2/17/2023</p> <p>Beef Ravioli in Marinara with Shredded Mozzarella Cauliflower* Mixed Greens Side Salad Dressing PC WG Breadstick/Marg Mandarin Oranges 1% or Skim Milk</p>
<p align="center">Monday 2/20/2023</p>	<p align="center">Tuesday 2/21/2023</p>	<p align="center">Wednesday 2/22/2023</p>	<p align="center">Thursday 2/23/2023</p>	<p align="center">Friday 2/24/2023</p>
<p align="center"> Senior Center Closed</p>	<p>Turkey Breast & Gravy Mashed Potatoes Zucchini & Tomatoes* WG Dinner Roll/Marg Strawberry Shortcake or Plain Cake Square 1% or Skim Milk</p>	<p>Baked Cod Loin in Citrus Cream Sauce Baked Sweet Potato Green Peas* Pumpnickel Bread/Marg Fruit Cocktail 1% or Skim Milk Ash Wednesday</p>	<p>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</p>	<p>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</p>
<p align="center">Monday 2/27/2023</p>	<p align="center">Tuesday 2/28/2023</p>			<p align="center"> * Items to be heated or microwaved at the centers</p>
<p>Country Fried Steak* Mashed Potatoes & Gravy Brussels Sprouts* Marble Bread/Marg Classic Fruit Salad 1% or Skim Milk</p>	<p>Beef & Bean Chili Baked Potato/Sour Cream PC Mixed Greens Side Salad Dressing PC Cornbread/Marg Tropical Fruit 1% or Skim Milk</p>			