

**Eastern Nebraska Office on Aging
Congregate Menus
December 2022**

Monday	Tuesday	Wednesday	Thursday 12/1/2022	Friday 12/2/2022
 <p>* Items to be heated or microwaved at the centers</p>			Italian Meatballs in Marinara Sauce Potato Medley Green Beans* WG Dinner Roll/Marg Chocolate Pudding or Diet Pudding 1% or Skim Milk	Meatloaf & Gravy Roasted Whole Baby Reds Carrot Coins* Sourdough Roll/Marg Applesauce 1% or Skim Milk
Monday 12/5/2022	Tuesday 12/6/2022	Wednesday 12/7/2022	Thursday 12/8/2022	Friday 12/9/2022
Chicken Cordon Bleu with Swiss Mornay Sauce Mashed Potatoes California Blend Vegetables* WG Dinner Roll/Marg Peanut Butter Cookie or Diet Cookies 1% or Skim Milk	Italian Goulash with WG Elbow Noodles Italian Blend Vegetables* Mixed Greens Salad/Dress Italian Roll/Marg Diced Pears 1% or Skim Milk	Open Faced Rst Beef Sandwich on WG Bread Slice with Gravy Garlic Mashed Potatoes Brussels Sprouts* Peach Yogurt PC or Diet Pudding 1% or Skim Milk	Sweet & Sour Chicken Breast Oriental Blend Vegetables* Baked Potato/Sour Cream PC Fortune Cookie Cinnamon Raisin Bread/Marg Tropical Fruit Mix 1% or Skim Milk	Seafood Chowder Garlic & Butter Diced Reds Cauliflower* WG Bread Stick/Marg Mandarin Oranges 1% or Skim Milk
Monday 12/12/2022	Tuesday 12/13/2022	Wednesday 12/14/2022	Thursday 12/15/2022	Friday 12/16/2022
Potato Crunch Fish Filet* Baked Sweet Potato Zucchini & Tomatoes* WG Dinner Roll/Marg Fresh Orange 1% or Skim Milk	Country Fried Steak* & Gravy Garlic Whipped Potatoes Country Blend Vegetables* Vienna Bread Slice/Marg Pear Slices 1% or Skim Milk	Baked Ham* Twice Baked Whipped Potato Cheesy Broccoli WG Dinner Roll/Marg Decorated Birthday Cake or Plain Cake Square 1% or Skim Milk	Salisbury Steak & Brown Gravy Diced Baby Red Potatoes Parslied Carrots* Sour Dough Roll/Marg Peaches & Strawberries 1% or Skim Milk	BBQ Chicken Breast on WG Hamburger Bun BBQ Baked Beans Coleslaw Fruit Mix 1% or Skim Milk
Monday 12/19/2022	Tuesday 12/20/2022	Wednesday 12/21/2022	Thursday 12/22/2022	Friday 12/23/2022
Breakfast for Lunch! Hearty Country Gravy with Sausage over WG Jumbo Biscuit Breakfast Potatoes Sliced Peaches Orange Juice 1% or Skim Milk	10 Grain Fish Filet* w/ Tartar Sauce PC California Blend* Corn Casserole WG Bread Slice/Marg Oatmeal Cream Pie or Diet Cookies 1% or Skim Milk	Sliced Roast Beef & Gravy Whipped Potatoes Green Beans Almondine* Petite Dinner Roll/Marg Cheesecake with Cherry Topping or Diet Pudding 1% or Skim Milk Holiday Dinner 	Roast Pork Chop w/ Garlic Mushroom Gravy Scalloped Potatoes Peas & Pearl Onions* 100% Whole Wheat Bread/Marg Mandarin Oranges & Pineapple 1% or Skim Milk	Chicken Parmesan Cass. w/ WG Penne Pasta Roasted Baby Carrots Cauliflower* Italian Roll/Marg Applesauce 1% or Skim Milk
Monday 12/26/2022	Tuesday 12/27/2022	Wednesday 12/28/2022	Thursday 12/29/2022	Friday 12/30/2022
 <p>Senior Centers closed</p>	BBQ Pork Rib Patty on WG Hamburger Bun Baby Red Potatoes Brussel Sprouts* Fudge Round or Diet Cookies 1% or Skim Milk	Beef & Three Bean Chili Chuckwagon Corn* WG Bread Stick/Margarine Honey PC Pineapple Tidbits 1% or Skim Milk	Swedish Meatballs Baked Potato/Sour Cream Stewed Tomatoes Wheatberry Roll/Marg Butterscotch Pudding or Diet Pudding 1% or Skim Milk	Ham & Beans Carrot Coins* Mixed Greens Salad/Dress Cornbread/Marg Honey PC Fruit Cocktail 1% or Skim Milk

Final 8-31-2022

Menus subject to change