

# EASTERN NEBRASKA OFFICE ON AGING

**DECEMBER 2024 M-F**

*Home Delivered Meals*

Monday 12/2/2024	Tuesday 12/3/2024	Wednesday 12/4/2024	Thursday 12/5/2024	Friday 12/6/2024
H Chicken Cordon Bleu w/ Swiss Mornay Sauce H Diced Potatoes H Broccoli C WG Dinner Roll/Marg C Sliced Pears 1% Milk	<b>Nat. Green Bean Cass. Day</b> H Sliced Roast Beef with Gravy H Garlic Whipped Potatoes H Green Beans Casserole C WG Bread Slice/Marg C Peach Yoqurt PC 1% Milk	H Italian Goulash with WG Elbow Noodles H Stewed Tomatoes H Pineapple Tidbits C Italian Roll/Marg C Mixed Greens Salad C Dressing PC 1% Milk	H Sweet & Sour Chicken Breast H Peas & Carrots H Brown Rice Pilaf C Cinn. Raisin Bread/Marg C Fruit Mix 1% Milk	<b>Nat. Brownie Day</b> H Seafood Chowder H Garlic & Butter Diced Reds H Mixed Vegetables C Marble Bread/Marg C Chocolate Brownie 1% Milk
Monday 12/9/2024	Tuesday 12/10/2024	Wednesday 12/11/2024	Thursday 12/12/2024	Friday 12/13/2024
<b>Pear &amp; Root Veg Month</b> H Oven Fried Chicken Breast with Country Gravy H Diced Sweet Potatoes H Zucchini & Tomatoes C WG Dinner Roll/Marg C Fresh Pear 1% Milk	H Western Omelet in Cheese Sauce H Potatoes O'Brien H Cinnamon Applesauce C Blueberry Muffin 1% Milk	H Baked Ham H 1/2 Baked Potato H Cheesy Broccoli C WG Dinner Roll/Marg C Plain Cake Square C Sour Cream PC 1% Milk	H Country Fried Steak & Brown Gravy H Garlic Whipped Potatoes H Country Blend Veggies C Vienna Bread Slice/Marg C Fruit Mix 1% Milk	H BBQ Chicken Breast H Green & Gold Beans H Diced Carrots C WG Hamburger Bun C Ambrosia Salad 1% Milk
Monday 12/16/2024	Tuesday 12/17/2024	Wednesday 12/18/2024	Thursday 12/19/2024	Friday 12/20/2024
H Sausage & Penne in Tomato Cream Sauce H Roasted Baby Carrots H Cauliflower C Italian Roll/Marg C Applesauce 1% Milk	H 10 Grain Fish Filet H Broccoli Cuts H Corn Casserole C WG Bread Slice/Marg C Oatmeal Cream Pie C Tartar Sauce PC 1% Milk	<b>National Baked Cookie Day</b> H Sliced Roast Beef & Brown Gravy H Whipped Potatoes H Green Beans Almondine C WG Petite Roll/Marg C Sugar Cookie 1% Milk	H Hamburger Patty H Potato Wedges H Peas C Leaf Lettuce/Slice Tomato C WG Hamburger Bun C Diced Pears 1% Milk	H BBQ Pork Rib Patty H Diced Baby Red Potatoes H Chuckwagon Corn C WG Mini Hoagie Bun C Strawberries & Peaches 1% Milk
Monday 12/23/2024	Tuesday 12/24/2024	Wednesday 12/25/2024	Thursday 12/26/2024	Friday 12/27/2024
H Swedish Meatballs H Sweet Potato Wedges H Stewed Tomatoes C WG Dinner Roll/Marg C Butterscotch Pudding 1% Milk	H Beef & 3 Bean Chili H Broccoli Cuts H Cinnamon Apples C WG Breadstick/Marg 1% Milk	<b>Christmas Day Observance</b>  <b>No Meals</b>  	H Cheeseburger Mac with WG Elbow Pasta H Carrot Coins H Winter Blend Veggies C Fudge Round 1% Milk	H Ham & Beans H Potato Medley H Chuckwagon Corn C Cornbread Square/Marg C Fruit Cocktail 1% Milk
Monday 12/30/2024	Tuesday 12/31/2024			
H Chicken Marsala H Diced Sweet Potatoes H Peas C WG Dinner Roll/Marg C Apricot Halves 1% Milk	H Pot Roast in Gravy H Mashed Potatoes H Roasted Baby Carrots C Sour Dough Roll/Marg C Cheesecake Pudding 1% Milk			

\*\*These Meals may contain the following allergens: peanuts, tree nuts, seafood, shellfish, soy, eggs, milk, wheat, sesame seeds\*\*

*Allison S. Adrian, CDM, CFPP*  
Nutrition Services Director

\*\*Menus are subject to change\*\*