




**Eastern Nebraska Office on Aging  
Congregate Meals  
January 2022**

<b>Monday 1/3/2022</b>	<b>Tuesday 1/4/2022</b>	<b>Wednesday 1/5/2022</b>	<b>Thursday 1/6/2022</b>	<b>Friday 1/7/2022</b>
Hawaiian BBQ Chicken Brown Rice Pilaf Broccoli Rye Bread Slice/Marg Banana Pudding or Diet Pudding 1% or Skim Milk	Beefy Mac Casserole with Cavatappi Noodles Romaine Blend Salad/Dress Capri Blend Vegetables 100% Whole Grain Bread/Marg Mandarin Oranges 1% or Skim Milk	Roasted Pork Chop with Apple Chutney Mashed Potatoes Green Peas WG Dinner Roll/Marg Sugar Cookie or Diet Cookies 1% or Skim Milk	10 Grain Fish Filet Oven Roasted Baby Reds Green Beans Italian Roll/Marg Fruit Cocktail Tartar Sauce PC 1% or Skim Milk	Pizza Joe Sandwich on WG Hamburger Bun Shredded Mozzarella Cheese Seasoned Potato Wedges Italian Blend Vegetables Diced Pears 1% or Skim Milk
<b>Monday 1/10/2022</b>	<b>Tuesday 1/11/2022</b>	<b>Wednesday 1/12/2022</b>	<b>Thursday 1/13/2022</b>	<b>Friday 1/14/2022</b>
Beef Stew with Potatoes, Carrots & Peas Chuckwagon Corn Romaine Blend Salad/Dress Mini Buttermilk Biscuit/Marg Glazed Pineapple or Plain Pineapple 1% or Skim Milk	Breaded Chicken Sandwich on WG Hamburger Bun w/ Leaf Lettuce & Sliced Tomato Twice Baked Whipped Potatoes Mixed Vegetables Cherry Vanilla Yogurt PC or Diet Pudding 1% or Skim Milk	Italian Meatballs Baked Potato/Sour Cream Brussels Sprouts WG Breadstick/Marg Decorated Birthday Cake or Plain Cake Square 1% or Skim Milk	Pork Fritter Mashed Potatoes Creamed Cabbage Marble Bread/Marg Ambrosia Salad 1% or Skim Milk	Baked Cod Loin in Citrus Cream Sauce Baked Sweet Potato Zucchini & Tomatoes Pumpnickel Bread/Marg Apricot Halves 1% or Skim Milk
<b>Monday 1/17/2022</b>	<b>Tuesday 1/18/2022</b>	<b>Wednesday 1/19/2022</b>	<b>Thursday 1/20/2022</b>	<b>Friday 1/21/2022</b>
 <b>Senior Center Closed</b>	Ham & Scalloped Potatoes Green Beans WG Dinner Roll/Marg Applesauce 1% or Skim Milk	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	Turkey Breast & Gravy Potato Medley Broccoli WG Dinner Roll/Marg Oatmeal Raisin Cookie or Diet Cookie 1% or Skim Milk	Salisbury Steak with Onion Gravy Whipped Potatoes Country Blend Vegetables Wheatberry Roll/Marg Strawberry Shortcake or Plain Cake Square 1% or Skim Milk
<b>Monday 1/24/2022</b>	<b>Tuesday 1/25/2022</b>	<b>Wednesday 1/26/2022</b>	<b>Thursday 1/27/2022</b>	<b>Friday 1/28/2022</b>
Teriyaki Meatballs Oriental Blend Vegetables Oven Roasted Baby Reds Fortune Cookie Cinn. Raisin Bread/Marg Fresh Orange 1% or Skim Milk	Sliced Roast Beef & Gravy Garlic Mashed Potatoes Glazed Diced Beets Vienna Bread/Marg Lemon Pudding or Diet Pudding 1% or Skim Milk	Cheese Omelet Chef Mike's Cheese Sauce Breakfast Potatoes Vegetable Juice Blueberry Muffin Glazed Pineapple or Plain Pineapple 1% or Skim Milk	Ham & Northern Beans California Blend Cornbread/Marg Cherry Cobbler or Pear Slices 1% or Skim Milk	Cheeseburger on a Wheat Hamburger Bun w/ Leaf Lettuce, Tomato, Red Onions & Pickle Slices Baked Beans Tropical Fruit 1% or Skim Milk
<b>Monday 1/31/2022</b>				
California Cheesy Chicken & Brown Rice Casserole Zucchini & Tomatoes WG Dinner Roll/Marg Cinnamon Apple Slices 1% or Skim Milk				* Items to be heated or microwaved at the centers

Menus subject to change