

**Eastern Nebraska Office on Aging
Meals on Wheels
April 2023**

Monday 4/3/2023	Tuesday 4/4/2023	Wednesday 4/5/2023	Thursday 4/6/2023	Friday 4/7/2023
Sloppy Joe Sandwich Potato Wedges Mixed Vegetables WG Hamburger Bun Cinnamon Pear Slices 1% Milk	Cheesy Chicken Breast Fiesta Rice Fiesta Bean Trio WG Breadstick/Marg Fruit Cocktail 1% Milk	Baked Ham 1/2 Baked Potato Brussel Sprouts WG Dinner Roll/Marg Diet Jell-O Cake Sour Cream PC 1% Milk	Creamed Chicken Gravy Diced Baby Red Potatoes Broccoli Buttermilk Biscuit Peanut Butter Cookie 1% Milk	Breaded Fish Wedge BBQ Baked Beans Crinkle Cut Carrots WG Coney Bun Mandarin Oranges Tartar Sauce PC 1% Milk
Monday 4/10/2023	Tuesday 4/11/2023	Wednesday 4/12/2023	Thursday 4/13/2023	Friday 4/14/2023
Chicken Breast in Supreme Sauce Brown Rice w/ Peppers Zucchini & Tomatoes WG Breadstick/Marg Choc Chip Oatmeal Bar 1% Milk	Hamburger Patty Cheesy Hashbrowns Mixed Vegetables WG Hamuburger Bun Leaf Lett. & Slice Tom Ambrosia Salad 1% Milk	Roast Beef & Gravy Garlic Mashed Potatoes Roasted Baby Carrots Vienna Bread/Marg Plain Cake Square 1% Milk	Swedish Meatballs Potato Medley Diced Glazed Beets Petite Roll/Marg Diced Pears 1% Milk	Cheesy Tuna & WG Macaroni Casserole Corn Peas & Carrots Italian Roll/Marg Applesauce 1% Milk
Monday 4/17/2023	Tuesday 4/18/2023	Wednesday 4/19/2023	Thursday 4/20/2023	Friday 4/21/2023
Ball Park Bratwurst Shred Kraut & Cabbage Seasoned Potato Wedges WG Mini Hoagie Bun Fresh Orange 1% Milk	Taco Joe Sandwich Black Beans Diced Potatoes WG Hamuburger Bun Peaches & Strawberries 1% Milk	Meatballs & Gravy Stewed Tomatoes Mashed Potatoes WG Bread Slice/Marg Cinnamon Apples 1% Milk	Meatloaf in Gravy Twice Baked Mash Potatoes Green Beans Sourdough Roll/Marg Oatmeal Cream Pie 1% Milk	Sweet & Sour Chicken Cauliflower Brown Rice Pilaf Cinnamon Raisin Bread Glazed Pineapple 1% Milk
Monday 4/24/2023	Tuesday 4/25/2023	Wednesday 4/26/2023	Thursday 4/27/2023	Friday 4/28/2023
Turkey Tetrazini with WG Pasta Green Peas Chuckwagon Corn WG Dinner Roll/Marg Diced Peaches 1% Milk	10 Grain Fish Filet Diced Baby Red Potatoes Spring Blend Veggies Marble Rye/Marg Tropical Fruit Mix Tartar Sauce PC 1% Milk	Country Fried Steak w/ Brown Gravy Mashed Potatoes Diced Carrots Honey Wheat Bread/Marg Sliced Pears 1% Milk	Beef Ravioli & Marinara Italian Blend Vegetables Fruit Mix WG Breadstick/Marg Mixed Greens Dressing PC 1% Milk	Pork Chop in Gravy Potato Medley Winter Blend Veggies WG Dinner Roll/Marg Apple Cinnamon Muffin 1% Milk

Final 12/30/2022

Menus Subject to change

