

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

 <p>* Items to be heated or microwaved at the centers</p>				<p align="center">Friday 7/1/2022</p> <p>BBQ Pork Ribbette Potato Salad Broccoli* WG Hamburger Bun Fresh Mixed Melon 1% or Skim Milk</p>
<p align="center">Monday 7/4/2022</p>  <p align="center">Senior Centers Closed</p>	<p align="center">Tuesday 7/5/2022</p> <p>Salisbury Steak & Mushroom Gravy Mashed Potatoes Capri Blend Vegetables* WG Bread/Marg Butterscotch Pudding or Diet Pudding 1% or Skim Milk</p>	<p align="center">Wednesday 7/6/2022</p> <p>Cheesy Broccoli Chicken Breast Brown Rice Pilaf Honey Roasted Baby Carrots WG Dinner Roll/Marg Mandarin Orannges 1% or Skim Milk</p>	<p align="center">Thursday 7/7/2022</p> <p>Pork Fritter* with Gravy Baked Potato/Sour Cream PC Mediterranean Blend Veg* WG Bread Stick/Marg Sugar Cookie or Diet Cookies 1% or Skim Milk</p>	<p align="center">Friday 7/8/2022</p> <p>Swedish Meatballs Mashed Potatoes Mixed Vegetables* 100% Wheat Bread/Marg Peaches 1% or Skim Milk</p>
<p align="center">Monday 7/11/2022</p> <p>Grilled Chicken Sandwich on WG Hamburger Bun w/ Leaf Lettuce, Pickles & Sliced Tomatoes BBQ Baked Beans Potato Wedges* Tropical Fruit 1% or Skim Milk</p>	<p align="center">Tuesday 7/12/2022</p> <p>WG Spaghetti & Meat Sauce Mixed Greens Side Salad Dressing PC Italian Blend Vegetables* WG Breadstick/Marg Applesauce 1% or Skim Milk</p>	<p align="center">Wednesday 7/13/2022</p> <p>Pork Chop with Pineapple Salsa Baked Sweet Potato Broccoli Salad WG Petite Roll/Marg Decorated Birthday Cake or Plain Cake Square 1% or Skim Milk</p>	<p align="center">Thursday 7/14/2022</p> <p>Potato Crusted Fish* w/ Tartar Sauce Potato Medley Green Beans* Vienna Bread/Marg Rice Krispie Bar 1% or Skim Milk</p>	<p align="center">Friday 7/15/2022</p> <p>Meatloaf in Tomato Gravy Cheesy Hashbrowns Peas* WG Bread Slice/Marg Strawberries & Pineapple 1% or Skim Milk</p>
<p align="center">Monday 7/18/2022</p> <p>Sliced Turkey & Gravy Mashed Potatoes Brussels Sprouts* Rye Bread/Marg Fudge Round or Diet Cookies 1% or Skim Milk</p>	<p align="center">Tuesday 7/19/2022</p> <p>Classic Cheeseburger* on WG Hamburger Bun w/ Leaf Lettuce, Pickles, Sliced Tomatoes & Onion Coleslaw Apricot Halves 1% or Skim Milk</p>	<p align="center">Wednesday 7/20/2022</p> <p>Italian Casserole w/ Ground Sausage, Peppers Alfredo & Cavatapi Pasta Mixed Greens Salad/Dress Cauliflower* Italian Dinner Roll/Marg Ambrosia Salad 1% or Skim Milk</p>	<p align="center">Thursday 7/21/2022</p> <p>All Beef Chicago Dog Jumbo Frank, Sliced Tomato Pickle Spear, Diced Onion on a WG Hot Dog Bun Potato Wedges* Applesauce 1% or Skim Milk</p>	<p align="center">Friday 7/22/2022</p> <p>Chicken Marsala Diced Sweet Potatoes Zucchini & Tomatoes* Honey Wheat Bread/Marg Chocolate Chip Cookie or Diet Cookies 1% or Skim Milk</p>
<p align="center">Monday 7/25/2022</p> <p>BBQ Pork Sandwich on WG Wheat Bun Scalloped Potatoes Broccoli Salad Diced Pears 1% or Skim Milk</p>	<p align="center">Tuesday 7/26/2022</p> <p>Soft Shell Beef Taco Taco Meat*, Shred Lettuce Diced Tomato, Shred Cheese Fiesta Corn* 8" Flour Tortilla Shell Sour Cream & Taco Sauce PC Pineapple 1% or Skim Milk</p>	<p align="center">Wednesday 7/27/2022</p> <p>Open Faced Roast Beef Sandwich on WG Bread Mashed Potatoes & Gravy Diced Beets Vanilla Pudding or Diet Pudding 1% or Skim Milk</p>	<p align="center">Thursday 7/28/2022</p> <p>Chicken Fried Rice Oriental Blend Vegetables* Carrot Coins Fortune Cookie Cinnamon Raisin Bread/Marg Strawberry Shortcake or Plain Cake Square 1% or Skim Milk</p>	<p align="center">Friday 7/29/2022</p> <p>Cheesy Tuna & WG Macaroni Casserole Green Peas California Blend* WG Breadstick/Marg Cinnamon Apple Slices or Plain Applesauce 1% or Skim Milk</p>

Final 5/27/2022

Menus subject to change