

**Eastern Nebraska Office on Aging
Meals on Wheels Menus
December 2022**

Monday	Tuesday	Wednesday	Thursday 12/1/2022	Friday 12/2/2022
			Italian Meatballs in Marinara Sauce H Potato Medley Green Beans WG Dinner Roll/Marg Chocolate Pudding 1% Milk	Meatloaf & Gravy Roast Diced Baby Reds Carrot Coins Sourdough Roll/Marg Applesauce 1% Milk
Monday 12/5/2022	Tuesday 12/6/2022	Wednesday 12/7/2022	Thursday 12/8/2022	Friday 12/9/2022
Chicken Cordon Bleu w/ Swiss Mornay Sauce Mashed Potatoes California Blend Veggies WG Dinner Roll/Marg Peanut Butter Cookie 1% Milk	Italian Goulah with WG Elbow Noodles Italian Blend Veggies Diced Pears Italian Roll/Marg Mixed Greens Salad Dressing PC 1% Milk	Sliced Roast Beef with Gravy Garlic Mashed Potatoes Brussels Sprouts WG Wheat Bread/Marg Peach Yogurt PC 1% Milk	Sweet & Sour Chicken Breast Oriental Blend Veggies 1/2 Baked Potato Cinn. Raisin Bread/Marg Tropical Fruit Mix Sour Cream PC 1% Milk	Ground Beef Stew Garlic & Butter Diced Reds Cauliflower WG Bread Stick/Marg Mandarin Orages 1% 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 Diced Sweet Potatoes Zucchini & Tomatoes WG Dinner Roll/Marg Fresh Orange 1% Milk	Country Fried Steak & Gravy Garlic Whipped Potatoes Country Blend Veggies Vienna Bread Slice/Marg Pear Slices 1% Milk	Baked Ham Twice Baked Whip Potato Cheesy Broccoli WG Dinner Roll/Marg Plain Cake Square 1% Milk	Salisbury Steak & Brown Gravy Diced Baby Red Potatoes Parslied Carrots Sour Dough Roll/Marg Peaches & Strawberries 1% Milk	BBQ Chicken Breast BBQ Baked Beans Green Beans WG Hamburger Bun Fruit Mix 1% Milk
Monday 12/19/2022	Tuesday 12/20/2022	Wednesday 12/21/2022	Thursday 12/22/2022	Friday 12/23/2022
Hamburger Patty Seasoned Potato Wedges Broccoli Kaiser Bun Sliced Peaches 1% Milk	10 Grain Fish Filet California Blend Corn Casserole WG Bread Slice/Marg Oatmeal Cream Pie Tartar Sauce PC 1% Milk	Sliced Roast Beef & Brown Gravy Whipped Potatoes Green Beans Almondine Petite Dinner Roll/Marg Cherry Cheesecake Pudding 1% Milk	Roasted Pork Chop w/ Garlic Mushroom Gravy Scalloped Potatoes Peas & Pearl Onions 100% Wheat Bread/Marg Mandarin Oranges & Pineapple 1% Milk	 Holiday Meal by Reservation Only
Monday 12/26/2022	Tuesday 12/27/2022	Wednesday 12/28/2022	Thursday 12/29/2022	Friday 12/30/2022
 Holiday Meal by Reservation Only	BBQ Pork Rib Patty Diced Baby Red Potatoes Brussel Sprouts WG Hamburger Bun Fudge Round 1% Milk	Beef & 3 Bean Chili Chuckwagon Corn Pineapple Tidbits WG Bread Stick/Margarine 1% Milk	Swedish Meatballs 1/2 Baked Potato Stewed Tomatoes WG Dinner Roll/Marg Butterscotch Pudding Sour Cream PC 1% Milk	Ham & Beans Carrot Coins Fruit Cocktail Mixed Greens Salad Dressing PC Cornbread/Marg 1% Milk