




**Eastern Nebraska Office on Aging
Meals on Wheels Menus
February 2023**

		<p align="center">Wednesday 2/1/2023</p> <p>Hawaiian BBQ Chicken Brown Rice Pilaf Cauliflower WG Dinner Roll/Marg Butterscotch Pudding 1% Milk</p>	<p align="center">Thursday 2/2/2023</p> <p>Roasted Pork Chop with Apple Chutney Mashed Potatoes Green Beans Wheatberry Roll/Marg Mandarin Oranges 1% Milk</p>	<p align="center">Friday 2/3/2023</p> <p>Beef Stew w/ Potatoes Carrots & Peas Chuckwagon Corn Pineapple Tidbits Mixed Greens Side Salad Mini Biscuit/Marg Dressing PC 1% Milk</p>
<p align="center">Monday 2/6/2023</p> <p>Oven Fried Chicken Breast & Gravy Roast Diced Baby Reds Green Peas Honey Wheat Bread/Marg Diced Peaches 1% Milk</p>	<p align="center">Tuesday 2/7/2023</p> <p>Italian Meatballs 1/2 Baked Potato Broccoli WG Breadstick/Marg Sugar Cookie Sour Cream PC 1% Milk</p> 	<p align="center">Wednesday 2/8/2023</p> <p>Sliced Roast Beef/Gravy Garlic Mashed Potatoes Brussels Sprouts Vienna Bread/Marg Plain Cake Square 1% Milk</p>	<p align="center">Thursday 2/9/2023</p> <p>Meatloaf & Gravy Twice Baked Mashed Glazed Carrots WG Dinner Roll/Marg Fruit Mix 1% Milk</p>	<p align="center">Friday 2/10/2023</p> <p>Pork Fritter & Gravy Mashed Potatoes Green Beans Marble Bread/Marg Sliced Pears 1% Milk</p>
<p align="center">Monday 2/13/2023</p> <p>Hamburger Patty Potato Wedges Mixed Vegetables Leaf Lettuce & Tomato CWG Hamburger Bun Fresh Orange 1% Milk</p>	<p align="center">Tuesday 2/14/2023</p> <p>Ham Diced Sweet Potatoes Winter Blend Veggies WG Dinner Roll/Marg Strawberry Cheesecake Pudding 1% Milk</p>	<p align="center">Wednesday 2/15/2023</p> <p>Creamed Chicken Gravy Mashed Potatoes Glazed Pineapple Blueberry Muffin Mixed Greens Side Salad Dressing PC 1% Milk</p>	<p align="center">Thursday 2/16/2023</p> <p>Sweet & Sour Meatballs Oriental Blend Veggies Brown Rice Pilaf Cinn. Raisin Bread/Marg Diced Pears 1% Milk</p>	<p align="center">Friday 2/17/2023</p> <p>Beef Ravioli with Marinara Sauce Cauliflower Diced Carrots WG Breadstick/Marg Mandarin Oranges 1% Milk</p>
 <p align="center">Meals by Reservation Only</p>	<p align="center">Tuesday 2/21/2023</p> <p>Turkey Breast & Gravy Mashed Potatoes Zucchini & Tomatoes WG Dinner Roll/Marg Plain Cake Square 1% Milk</p>	<p align="center">Wednesday 2/22/2023</p> <p>Baked Cod Loin in Citrus Cream Sauce Diced Sweet Potatoes Green Peas Pumpnickel Bread/Marg Fruit Cocktail 1% Milk Ash Wednesday</p>	<p align="center">Thursday 2/23/2023</p> <p>Taco Joe Sandwich Fiesta Corn Potato Wedges WG Hamburger Bun Applesauce 1% Milk</p>	<p align="center">Friday 2/24/2023</p> <p>10 Grain Fish Filet Diced Baby Reds Oven Roasted Vegetables Italian Roll/Marg Chocolate Chip Cookie Tartar Sauce PC 1% Milk</p>
<p align="center">Monday 2/27/2023</p> <p>Country Fried Steak with Country Gravy Mashed Potatoes Brussels Sprouts Marble Bread/Marg Classic Fruit Salad 1% Milk</p>	<p align="center">Tuesday 2/28/2023</p> <p>Beef & Bean Chili 1/2 Baked Potato Green Beans Cornbread/Marg Tropical Fruit Sour Cream PC 1% Milk</p>	