

**SEPTEMBER 2025
CONGREGATE MENU**

EASTERN NEBRASKA OFFICE ON AGING

ALL MENUS ARE SUBJECT TO CHANGE

Monday 9/1/2025	Tuesday 9/2/2025	Wednesday 9/3/2025	Thursday 9/4/2025	Friday 9/5/2025
Labor Day Senior Centers are Closed	Chicken Broccoli Alfredo with WG Penne Peas Diced Carrots WG Dinner Roll/Marg Mandarin Oranges 1% or Skim Milk	Meatloaf with Tomato Gravy Baked Potato/Sour Cream PC Mixed Vegetables Hearth Roll/Marg Macadamia Nut Cookie or Diet Cookies 1% or Skim Milk	Bratwurst Kraut & Cabbage Chuckwagon Corn WG Hot Dog Bun Vanilla Pudding or Diet Pudding 1% or Skim Milk	Potato Crusted Fish w/ Tartar Sauce Potato Medley California Blend Vegetables WG Petite Roll/Marg Pineapple Tidbits 1% or Skim Milk
				
Monday 9/8/2025	Tuesday 9/9/2025	Wednesday 9/10/2025	Thursday 9/11/2025	Friday 9/12/2025
Pork Fritter with Gravy Ranch Mashed Potatoes Peas & Carrots WG Breadstick/Marg Cinnamon Apples 1% or Skim Milk	All Beef Chicago Dog Jumbo Frank, Sliced Tomato Pickle Spear, Diced Onion on a WG Hot Dog Bun Potato Wedges Fruit Cocktail 1% or Skim Milk	Open Faced Roast Beef Sandwich on WG Bread Mashed Potatoes & Gravy Diced Beets Decorated Birthday Cake or Plain Cake Square 1% or Skim Milk	Chicken Breast w/ Creamy Pesto Sauce Wild Rice Honey Roasted Baby Carrots WG Dinner Roll/Marg Mandarin Oranges 1% or Skim Milk	Sloppy Joe Sandwich Cheesy Hashbrowns Broccoli Florets WG Hamburger Bun Fudge Round or Diet Cookies 1% or Skim Milk
Monday 9/15/2025	Tuesday 9/16/2025	Wednesday 9/17/2025	Thursday 9/18/2025	Friday 9/19/2025
Chicken Marsala Diced Sweet Potatoes Zucchini & Tomatoes Heavy Hearth Roll/Marg Apricot Halves 1% or Skim Milk	Soft Shell Beef Taco Taco Meat, Shred Lettuce Diced Tomato, Shred Cheese Fiesta Corn 8" Flour Tortilla Shell Sour Cream & Taco Sauce PC Peaches & Strawberries 1% or Skim Milk	Salisbury Steak in Brown Gravy Cheesy Mashed Potatoes Peas & Carrots WG Bread Slice/Marg Mandarin Oranges 1% or Skim Milk	National Cheeseburger Day Classic Cheeseburger on WG Hamburger Bun w/ Leaf Lettuce, Pickles, Sliced Tomatoes & Onion Coleslaw Oatmeal Cream Pie or Diet Cookies 1% or Skim Milk	Butterscotch Pudding Day 10 Grain Fish Twice Baked Mash Potatoes Green Beans WG Dinner Roll/Marg Butterscotch Pudding or Diet Pudding Tartar Sauce PC 1% or Skim Milk
Monday 9/22/2025	Tuesday 9/23/2025	Wednesday 9/24/2025	Thursday 9/25/2025	Friday 9/26/2025
Cheeseburger Macaroni w/ WG Elbow Noodles Broccoli Florets Cauliflower WG Breadstick/Marg Fruit Cocktail 1% or Skim Milk	Chicken Philly Sandwich Sweet Potato Wedges California Blend Vegetables WG Mini Hoagie Bun Mandarin Oranges 1% or Skim Milk	Pulled Pork Sandwich on Kaiser Bun Scalloped Potatoes Carrot Coins Strawberries & Pears 1% or Skim Milk	Sliced Turkey & Gravy Mashed Potatoes Broccoli Florets WG Dinner Roll/Marg Chocolate Chip Cookie or Diet Cookies 1% or Skim Milk	Western Omelet with Cheese Sauce Potatoes O'Brien Strawberry Applesauce Iced Donut 1% or Skim Milk
Monday 9/29/2025	Tuesday 9/30/2025			
Chicken Piccata Brown Rice Pilaf Country Blend Vegetables Marble Bread Slice/Marg Strawberries & Peaches 1% or Skim Milk	BBQ Pork Rib Patty Diced Carrots Potato Salad WG Hamburger Bun Cinnamon Apples 1% or Skim Milk			
These meals may contain the following allergens: peanuts, tree nuts, seafood, shellfish, soy, eggs, milk, wheat, and sesame seeds				

Allison S. Adrian

Allison S. Adrian, CDM, CFPP
ENOA Division Director of Nutrition

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