

October 2025

EASTERN NEBRASKA
OFFICE ON AGING

ALL MENUS ARE SUBJECT
TO CHANGE

Regular Menu		Wednesday 10/1/2025	Thursday 10/2/2025	Friday 10/3/2025
		H All Beef Hot Dog with Chili Topping H Diced Potatoes H Corn C WG Hot Dog Bun C Slice Peach & Strawberries 1% Milk	H Sweet & Sour Chicken Breast H Broccoli H Brown Rice Pilaf C Cinn. Raisin Bread/Marg C Fresh Orange 1% Milk	H WG Spaghetti & Meat Sauce H Zucchini & Tomatoes H Honey Glazed Pineapple C Mixed Greens Side Salad C Dressing PC C WG Breadstick/Marg 1% Milk
Monday 10/6/2025	Tuesday 10/7/2025	Wednesday 10/8/2025	Thursday 10/9/2025	Friday 10/10/2025
H Chicken Breast w/ Cordon Bleu Sauce H Whipped Potatoes H Diced Beets C WG Dinner Roll/Marg C Diced Peaches 1% Milk	H BBQ Meatballs H Potato Medley H California Blend Veggies C WG Petite Roll/Marg C Fudge Round 1% Milk	H Sliced Roast Beef & Brown Gravy H Mashed Potatoes H Honey Glazed Carrots C WG Dinner Roll/Marg C Plain Cake Square 1% Milk	H Potato Crunch Fish Filet H Garlic & Butter Diced Reds H Country Blend Veggies C Marble Rye Bread/Marg C Fruit Mix C Tartar Sauce PC 1% Milk	World Egg Day H Western Omelet in Cheese Sauce H Potatoes O'Brien H Cinnamon Applesauce C Blueberry Muffin 1% Milk
Monday 10/13/2025	Tuesday 10/14/2025	Wednesday 10/15/2025	Thursday 10/16/2025	Friday 10/17/2025
H Oven Fried Chicken Breast w/ Country Gravy H Mashed Potatoes H Diced Carrots C WG Dinner Roll/Marg C Fresh Apple 1% Milk	H Cheese Ravioli in Creamy Pesto Sauce H Stewed Tomatoes H Cinnamon Pears C Mixed Greens Salad C Ranch Dressing PC C Vienna Bread/Marg 1% Milk	National Mushroom Day H Chicken Marsala H Scalloped Potatoes H Brussels Sprouts C 100% Wheat Bread/Marg C Choc. Chip Cookie 1% Milk	H Meatloaf in Brown Gravy H Whipped Potatoes H Mixed Vegetables C Honey Wheat Bread/Marg C Tropical Fruit Mix 1% Milk	National Pasta Day H Beefy Mac Casserole w/ WG Pasta H Corn H Diced Carrots C WG Breadstick/Marg C Fruit Mix 1% Milk
Monday 10/20/2025	Tuesday 10/21/2025	Wednesday 10/22/2025	Thursday 10/23/2025	Friday 10/24/2025
ENOA Staff Retreat MOW CLOSED Frozen meals delivered 10/15 by reservation	H Swedish Meatballs H Diced Baby Red Potatoes H Stewed Tomatoes C WG Dinner Roll/Marg C Sliced Peaches 1% Milk	H BBQ Chicken Breast H BBQ Baked Beans H Cauliflower C WG Hamburger Bun C Rice Krispy Treat 1% Milk	H 10 Grain Fish Filet H Diced Sweet Potatoes H Chuckwagon Corn C WG Dinner Roll/Marg C Choc. Choc. Chip Muffin C Tartar Sauce PC 1% Milk	H Salisbury Steak & Brown Gravy H Ranch Whip Potatoes H Green Beans C WG Dinner Roll/Marg C Applesauce 1% Milk
Monday 10/27/2025	Tuesday 10/28/2025	Wednesday 10/29/2025	Thursday 10/30/2025	Friday 10/31/2025
H Sliced Turkey in Gravy H Mashed Potatoes H Cornbread Stuffing C WG Petite Roll/Marg C Oatmeal Cream Pie 1% Milk	National Chocolate Day H Pulled Pork Sandwich H Fiesta Bean Trio H Peppers & Onions C WG Coney Dog C Chocolate Pudding 1% Milk	H Pot Roast with Brown Gravy H Diced Baby Red Potatoes H Honey Roasted Carrots C WG Dinner Roll/Marg C Fruit Cocktail 1% Milk	H Hamburger Patty H Cheesy Mashed Potatoes H Chuckwagon Corn C WG Hamburger Bun C Strawberries & Mandarin 1% Milk	H Chicken Breast with Creamy Bacon Ranch Sauce H Diced Sweet Potatoes H Green Beans C WG Breadstick/Marg C Pumpkin Cheesecake Fluff 1% Milk