


**Eastern Nebraska Office on Aging
Grab and Go Meals**

December 2023

HDM	HDM	HDM	HDM	HDM
			Thursday	Friday 12/1/2023
				Eat a Red Apple Day H Meatloaf & Gravy H Mashed Potatoes H Carrot Coins C Sourdough Roll/Marg C Fresh Red Apple 1% Milk
Monday 12/4/2023	Tuesday 12/5/2023	Wednesday 12/6/2023	Thursday 12/7/2023	Friday 12/8/2023
National Cookie Day H Chicken Cordon Bleu w/ Swiss Mornay Sauce H Mashed Potatoes H Broccoli C WG Dinner Roll/Marg C Peanut Butter Cookie 1% Milk	H Italian Goulah with WG Elbow Noodles H Green Beans H Diced Pears C Italian Roll/Marg C Mixed Greens Salad C Dressing PC 1% Milk	H Sliced Roast Beef with Gravy H Garlic Mashed Potatoes H Brussels Sprouts C WG Bread Slice/Marg C Peach Yogurt PC 1% Milk	H Sweet & Sour Chicken Breast H Peas & Carrots H Brown Rice Pilaf C Cinn. Raisin Bread/Marg C Fruit Mix C Sour Cream PC 1% Milk	Nat. Choc. Brownie Day H Seafood Chowder H Garlic & Butter Diced Reds H Mixed Vegetables C Marble Bread/Marg C Chocolate Brownie 1% Milk
Monday 12/11/2023	Tuesday 12/12/2023	Wednesday 12/13/2023	Thursday 12/14/2023	Friday 12/15/2023
H Potato Crunch Fish Filet H Diced Sweet Potatoes H Zucchini & Tomatoes C WG Dinner Roll/Marg C Fresh Pear 1% Milk	National Ambrosia Day H Country Fried Steak & Brown Gravy H Garlic Whipped Potatoes H Country Blend Veggies C Vienna Bread Slice/Marg C Ambrosia Salad 1% Milk	H Baked Ham H Twice Baked Whip Potato H Cheesy Broccoli C WG Dinner Roll/Marg C Plain Cake Square 1% Milk	Nat. Biscuits & Gravy Day H Western Omelet in Cheese Sauce H Potatoes O'Brien H Country Gravy C Buttermilk Biscuit/Marg C Fresh Banana 1% Milk	H BBQ Chicken Breast H Green & Gold Beans H Pineapple Tidbits C Potato Salad C WG Hamburger Bun 1% Milk
Monday 12/18/2023	Tuesday 12/19/2023	Wednesday 12/20/2023	Thursday 12/21/2023	Friday 12/22/2023
H Salisbury Steak & Brown Gravy H Diced Baby Red Potatoes H Parslied Carrots C Sour Dough Roll/Marg C Fruit Cocktail 1% Milk	H 10 Grain Fish Filet H Broccoli Cuts H Corn Casserole C WG Bread Slice/Marg C Oatmeal Cream Pie C Tartar Sauce PC 1% Milk	H Sliced Roast Beef & Brown Gravy H Whipped Potatoes H Green Beans Almondine C WG Petite Roll/Marg C Cherry Cheesecake Pudding 1% Milk	National Hamburger Day H Hamburger Patty H Potato Wedges H Peas C Leaf Lettuce/Slice Tomato C Kaiser Bun C Pears & Strawberries 1% Milk	H Sausage & Cavatappi in Tomato Cream Sauce H Roasted Baby Carrots H Cauliflower C Italian Roll/Marg C Applesauce 1% Milk
Monday 12/25/2023	Tuesday 12/26/2023	Wednesday 12/27/2023	Thursday 12/28/2023	Friday 12/29/2023
Christmas Day Observance	Grab and Go Closed No GNG Meals Today	H Beef & 3 Bean Chili H Broccoli Cuts H Cinnamon Apples C WG Breadstick/Marg 1% Milk	H Swedish Meatballs H 1/2 Baked Potato H Stewed Tomatoes C WG Dinner Roll/Marg C Butterscotch Pudding C Sour Cream PC 1% Milk	H Ham & Beans H Carrot Coins H Cornbread Square C Mixed Greens Salad C Dressing PC/Marg PC C Fruit Cocktail 1% Milk