

**Eastern Nebraska Office on Aging
Congregate Meals
January 2023**

Monday 1/2/2023	Tuesday 1/3/2023	Wednesday 1/4/2023	Thursday 1/5/2023	Friday 1/6/2023
 Senior Center Closed	Beefy Mac Casserole with Cavatappi Noodles Corn Capri Blend Vegetables* 100% Whole Grain Bread/Marg Mandarin Oranges 1% or Skim Milk	Roasted Pork Chop with Apple Chutney Mashed Potatoes Green Peas* WG Dinner Roll/Marg Sugar Cookie or Diet Cookies 1% or Skim Milk	Potato Crunch Fish Filet* Oven Roasted Baby Reds Green Beans* Italian Roll/Marg Fruit Cocktail Tartar Sauce PC 1% or Skim Milk	Pizza Joe* Sandwich on WG Hamburger Bun Shredded Mozzarella Cheese Seasoned Potato Wedges* Italian Blend Vegetables* Diced Pears 1% or Skim Milk
Monday 1/9/2023	Tuesday 1/10/2023	Wednesday 1/11/2023	Thursday 1/12/2023	Friday 1/13/2023
Beef Stew with Potatoes, Carrots & Peas Chuckwagon Corn* Mixed Greens Salad/Dressing Mini Buttermilk Biscuit/Marg Glazed Pineapple or Pineapple Tidbits 1% or Skim Milk	Breaded Chicken* Sandwich on WG Hamburger Bun w/ Leaf Lettuce & Sliced Tomato Twice Baked Whipped Potatoes Mixed Vegetables* Cherry Vanilla Yogurt PC or Diet Pudding 1% or Skim Milk	Italian Meatballs Baked Potato/Sour Cream Brussels Sprouts* WG Breadstick/Marg Decorated Birthday Cake or Plain Cake Square 1% or Skim Milk	Pork Fritter* w/ Pork Gravy Mashed Potatoes Peas & Carrots* Marble Bread/Marg Ambrosia Salad 1% or Skim Milk	Breaded Fish Wedge* Baked Sweet Potato Zucchini & Tomatoes* Pumpernickel Bread/Marg Tartar Sauce PC Apricot Halves 1% or Skim Milk
Monday 1/16/2023	Tuesday 1/17/2023	Wednesday 1/18/2023	Thursday 1/19/2023	Friday 1/20/2023
 Senior Center Closed	Ham & Scalloped Potatoes Broccoli* WG Dinner Roll/Marg Pear Slices 1% or Skim Milk	Soft Shell Beef Taco Taco Meat*, Shred Cheese Shred Lettuce, Diced Tomato Fiesta Corn* 8" Flour Tortilla Sour Cream & Taco Sauce PCs Applesauce 1% or Skim Milk	Turkey Breast & Gravy Potato Medley Green Beans* WG Dinner Roll/Marg Oatmeal Raisin Cookie or Diet Cookie 1% or Skim Milk	Salisbury Steak with Onion Gravy Whipped Potatoes Country Blend Vegetables* Breadstick/Marg Strawberry Shortcake or Plain Cake Square 1% or Skim Milk
Monday 1/23/2023	Tuesday 1/24/2023	Wednesday 1/25/2023	Thursday 1/26/2023	Friday 1/27/2023
Sweet & Sour Meatballs Oriental Blend Vegetables* Oven Roasted Baby Reds Cinn. Raisin Bread/Marg Fresh Orange 1% or Skim Milk	Sliced Roast Beef & Gravy Garlic Mashed Potatoes Glazed Diced Beets Vienna Bread/Marg Lemon Pudding or Diet Pudding 1% or Skim Milk	Western Omelet* in Cheese Sauce Breakfast Potatoes Fruit Juice Blueberry Muffin Glazed Pineapple or Plain Pineapple 1% or Skim Milk	Ham & Northern Beans Winter Mix Vegetables* Cornbread/Marg Cinnamon Apple Slices or Plain Apple Slices 1% or Skim Milk	Cheeseburger* on a Wheat Hamburger Bun w/ Leaf Lettuce, Tomato, Red Onions & Pickle Slices Coleslaw Fudge Round or Diet Cookies 1% or Skim Milk
Monday 1/30/2023	Tuesday 1/31/2023			
California Cheesy Chicken & Brown Rice Casserole Zucchini & Tomatoes* WG Dinner Roll/Marg Sliced Peaches 1% or Skim Milk	Beef & Bean Chili Baked Potato/Sour Cream Mixed Green Side Salad/Drsg Bread Stick/Margarine Fruit Cocktail 1% or Skim Milk			* Items to be heated or microwaved at the centers

Final 11/18/2022

Menus Subject to Change