


**Eastern Nebraska Office on Aging
Meals on Wheels
May 2023**

Monday 5/1/2023	Tuesday 5/2/2023	Wednesday 5/3/2023	Thursday 5/4/2023	Friday 5/5/2023
Cheesy Chicken Breast Fiesta Rice Broccoli WG Breadstick/Marg Chocolate Pudding 1% Milk	BBQ Pork Rib Patty BBQ Baked Beans Diced Carrots WG Coney Bun Peaches & Strawberries 1% Milk	Baked Cod Loin in Pesto Cream Sauce Diced Sweet Potato Green Peas WG Dinner Roll/Marg Fresh Banana 1% Milk	Swedish Meatballs Mashed Potatoes Diced Glazed Beets Petite Roll/Marg Mandarin Oranges 1% Milk	Mild Italian Sausage in Marinara Sauce Pepper & Onion Mix Cinnamon Applesauce Mixed Greens Salad Dressing PC Hoagie Bun 1% Milk
Monday 5/8/2023	Tuesday 5/9/2023	Wednesday 5/10/2023	Thursday 5/11/2023	Friday 5/12/2023
Baked Ham with Citrus Glaze 1/2 Baked Potato Green Peas Honey Wheat Bread/Marg Fruit Mix Sour Cream PC 1% Milk	Oven Fried Chicken Breast w/ Country Gravy Mashed Potatoes Corn Vienna Bread Slice/Marg Tropical Fruit Mix 1% Milk	Roast Beef & Gravy Garlic Mashed Potatoes Roasted Baby Carrots Heavy Hearth Roll/Marg Plain Cake Square 1% Milk	Chicken Breast in Supreme Sauce Brown Rice California Blend Veg. WG Breadstick/Marg Choc Chip Oatmeal Bar 1% Milk	Beef & Noodle Cass. Stewed Tomatoes Green Beans WG Bread Slice/Marg Ambrosia Fruit Salad 1% Milk
Monday 5/15/2023	Tuesday 5/16/2023	Wednesday 5/17/2023	Thursday 5/18/2023	Friday 5/19/2023
10 Grain Fish Filet Au gratin Potatoes Broccoli WG Dinner Roll/Marg Raspberry Yogurt PC Tartar Sauce PC 1% Milk	Turkey Tetrazini with WG Pasta Green Peas Chuckwagon Corn WG Dinner Roll/Marg Diced Peaches 1% Milk	Hamburger Patty Mashed Potatoes Diced Carrots WG Hamburger Bun Leaf Lett & Sliced Tom Diet Jell-O Cake 1% Milk	Sweet & Sour Chicken Brown Rice Pilaf Oriental Blend Veggies Cinnamon Raisin Bread Pineapple Tidbits 1% Milk	Pork Chop in Gravy Twice Baked Whip Potato Green Beans WG Dinner Roll/Marg Lemon Pudding 1% Milk
Monday 5/22/2023	Tuesday 5/23/2023	Wednesday 5/24/2023	Thursday 5/25/2023	Friday 5/26/2023
Creamed Chicken Gravy Mashed Potatoes Brussels Sprouts WG Bread Slice/Marg Oatmeal Cream Pie 1% Milk	Ball Park Bratwurst Shredded Kraut & Cabbage Potato Wedges WG Mini Hoagie Bun Fresh Orange 1% Milk	Taco Joe Sandwich Black Beans Diced Potatoes Hamburger Bun Classic Fruit Salad 1% Milk	Ground Beef Stew with Vegetables Chuckwagon Corn Cinnamon Apples Buttermilk Biscuit/Marg 1% Milk	Sloppy Joe Sandwich Diced Baby Reds Mixed Vegetables WG Hamburger Bun Sliced Pears 1% Milk
Monday 5/29/2023	Tuesday 5/30/2023	Wednesday 5/31/2023		
 Happy Memorial Day <i>Meals by Reservation Only</i>	Meatloaf in Gravy Mashed Potatoes Zucchini & Tomatoes WG Dinner Roll/Marg Fruit Cocktail 1% Milk	Creamy Tuna & WG Macaroni Casserole Peas Glazed Diced Beets WG Dinner Roll/Marg Applesauce 1% Milk	