

**Eastern Nebraska Office on Aging
Congregate Meals**

December 2023



		Wednesday	Thursday	Friday 12/1/2023
				Eat a Red Apple Day Meatloaf & Gravy Mashed Potatoes Carrot Coins Sourdough Roll/Marg Fresh Red Apple 1% or Skim Milk
Monday 12/4/2023	Tuesday 12/5/2023	Wednesday 12/6/2023	Thursday 12/7/2023	Friday 12/8/2023
National Cookie Day Chicken Cordon Bleu with Swiss Mornay Sauce Mashed Potatoes Broccoli WG Dinner Roll/Marg Peanut Butter Cookie or Diet Cookies 1% or Skim Milk	Italian Goulash with WG Elbow Noodles Green Beans Mixed Greens Salad/Dress Italian Roll/Marg Diced Pears 1% or Skim Milk	Open Faced Roast Beef Sand. on WG Bread Slice with Brown Gravy Garlic Mashed Potatoes Brussels Sprouts Peach Yogurt PC or Diet Pudding 1% or Skim Milk	Sweet & Sour Chicken Breast Peas & Carrots Brown Rice Pilaf Fortune Cookie Cinnamon Raisin Bread/Marg Fruit Mix 1% or Skim Milk	Nat. Choc. Brownie Day Seafood Chowder Garlic & Butter Diced Reds Mixed Vegetables Marble Bread Slice/Marg Chocolate Brownie or Diet Cookies 1% or Skim Milk
Monday 12/11/2023	Tuesday 12/12/2023	Wednesday 12/13/2023	Thursday 12/14/2023	Friday 12/15/2023
Potato Crunch Fish Filet Diced Sweet Potatoes Zucchini & Tomatoes WG Dinner Roll/Marg Fresh Pear 1% or Skim Milk	National Ambrosia Day Country Fried Steak & Brown Gravy Garlic Whipped Potatoes Country Blend Vegetables Vienna Bread Slice/Marg Ambrosia Salad 1% or Skim Milk	Baked Ham Twice Baked Whipped Potato Cheesy Broccoli WG Dinner Roll/Marg Decorated Birthday Cake or Plain Cake Square 1% or Skim Milk	Nat. Biscuits & Gravy Day Western Omelet in Cheese Sauce Potatoes O'Brien Buttermilk Biscuit/Marg Country Gravy Fresh Banana 1% or Skim Milk	BBQ Chicken Breast on WG Hamburger Bun Green & Gold Beans Potato Salad Pineapple Tidbits 1% or Skim Milk
Monday 12/18/2023	Tuesday 12/19/2023	Wednesday 12/20/2023	Thursday 12/21/2023	Friday 12/22/2023
Salisbury Steak & Brown Gravy Diced Baby Red Potatoes Parslied Carrots Sour Dough Roll/Marg Fruit Cocktail 1% or Skim Milk	10 Grain Fish Filet w/ Tartar Sauce PC Broccoli Cuts Corn Casserole WG Bread Slice/Marg Oatmeal Cream Pie or Diet Cookies 1% or Skim Milk	Sliced Roast Beef & Gravy Whipped Potatoes Green Beans Almondine WG Petite Roll/Marg Cheesecake with Cherry Topping or Diet Pudding 1% or Skim Milk	National Hamburger Day Cheeseburger on Kaiser Bun w/ Lettuce, Pickles, Sliced Onion & Tomato Potato Wedges Pears & Strawberries 1% or Skim Milk	Sausage & Cavatappi in Tomato Cream Sauce Roasted Baby Carrots Cauliflower Italian Roll/Marg Applesauce 1% or Skim Milk
Monday 12/25/2023	Tuesday 12/26/2023	Wednesday 12/27/2023	Thursday 12/28/2023	Friday 12/29/2023
Christmas Day Observance Centers will be Closed	BBQ Pork Rib Patty on WG Hamburger Bun Diced Baby Red Potatoes Cauliflower Fudge Round or Diet Cookies 1% or Skim Milk	Beef & Three Bean Chili Broccoli Cuts WG Breadstick Cinnamon Apples 1% or Skim Milk	Swedish Meatballs Baked Potato/Sour Cream Stewed Tomatoes WG Dinner Roll/Marg Butterscotch Pudding or Diet Pudding 1% or Skim Milk	Ham & Beans Carrot Coins Mixed Greens Salad/Dress Cornbread Square/Marg Honey PC Fruit Cocktail 1% or Skim Milk