

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

| Monday 4/3/2023 | Tuesday 4/4/2023 | Wednesday 4/5/2023 | Thursday 4/6/2023 | Friday 4/7/2023 |
|--|---|--|--|--|
| Sloppy Joe *Sandwich on WG Hamburger Bun Potato Wedges* Mixed Vegetables* Cinnamon Pear Slices 1% or Skim Milk | Cheesy Chicken Breast Fiesta Rice Fiesta Bean Trio WG Breadstick/Marg Fruit Cocktail 1% or Skim Milk | Baked Ham* Baked Potato/Sour Cream PC Brussel Sprouts* WG Dinner Roll/Marg Jell-O Cake or Diet Jell-O Cake 1% or Skim Milk Easter Dinner | Creamed Chicken Gravy over Buttermilk Biscuit Diced Baby Red Potatoes Broccoli* Peanut Butter Cookie or Diet Cookies 1% or Skim Milk | Breaded Fish Wedge* Sandwich w/ Tartar Sauce Leaf Lettuce & Tomato BBQ Baked Beans Crinkle Cut Carrots* WG Coney Bun Mandarin Oranges 1% or Skim Milk |
| Monday 4/10/2023 | Tuesday 4/11/2023 | Wednesday 4/12/2023 | Thursday 4/13/2023 | Friday 4/14/2023 |
| Chicken Breast in Supreme Sauce over Brown Rice with Bell Pepper Zucchini & Tomatoes* WG Breadstick/Marg Choc. Chip Oatmeal Bar or Diet Cookies 1% or Skim Milk | Cheeseburger* on WG Hamburger Bun w/ Leaf Lettuce, Sliced Tomato Red Onion & Pickle Slices Cheesy Hashbrowns Ambrosia Fruit Salad 1% or Skim Milk | Sliced Roast Beef & Gravy Garlic Mashed Potatoes Roasted Baby Carrots Vienna Bread/Marg Decorated Birthday Cake or Plain Cake Square 1% or Skim Milk | Swedish Meatballs Potato Medley Diced Glazed Beets Petite Roll/Marg Diced Pears 1% or Skim Milk | Cheesy Tuna & WG Macaroni Casserole Mixed Greens Salad/Dress Peas & Carrots* Italian Roll/Marg Applesauce 1% or Skim Milk |
| Monday 4/17/2023 | Tuesday 4/18/2023 | Wednesday 4/19/2023 | Thursday 4/20/2023 | Friday 4/21/2023 |
| Ball Park Bratwurst Shredded Kraut & Cabbage Seasoned Potato Wedges* WG Mini Hoagie Bun Fresh Orange 1% or Skim Milk | Taco Salad Taco Meat*, Shred Cheese, Diced Tomato, Diced Onion over Iceberg Lettuce Black Beans & Tortilla Chips Peaches & Strawberries Sour Cream/Taco Sauce PC 1% or Skim Milk | Breakfast for Lunch! Western Omelet w/ Ham* Cheese, Peppers & Onion Cheesy Hashbrowns Fresh Banana Orange Juice Blueberry Muffin 1% or Skim Milk | Meatloaf in Gravy Twice Baked Mash Potatoes Green Beans* Sourdough Roll/Marg Oatmeal Cream Pie or Diet Cookies 1% or Skim Milk | Sweet & Sour Chicken Breast Brown Rice Pilaf Cauliflower* Cinnamon Raisin Bread/Marg Glazed Pineapple or Pineapple Tidbits 1% or Skim Milk |
| Monday 4/24/2023 | Tuesday 4/25/2023 | Wednesday 4/26/2023 | Thursday 4/27/2023 | Friday 4/28/2023 |
| Turkey Tetrazini with WG Pasta Green Peas* Chuckwagon Corn WG Dinner Roll/Marg Diced Peaches 1% or Skim Milk | 10 Grain Fish Filet* Tartar Sauce PC Diced Baby Red Potatoes Spring Blend Vegetables* Marble Rye/Marg Tropical Fruit Mix 1% or Skim Milk | Country Fried Steak* with Brown Gravy Mashed Potatoes Diced Carrots* Honey Wheat Bread/Marg Sliced Pears 1% or Skim Milk | Beef Ravioli with Marinara Sauce Italian Blend Vegetables* Mixed Greens Salad/Dress WG Bread Stick/Marg Fruit Mix 1% or Skim Milk | Pork Chop in Gravy Potato Medley Winter Blend Vegetable* WG Dinner Roll/Marg Apple Cinnamon Muffin 1% or Skim Milk |

Final 12/30/2022

Menus Subject to change



* Items to be heated
or microwaved at
the centers