



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

 <p>* Items to be heated or microwaved at the centers</p>		<p align="center"><b>Wednesday 3/1/2023</b></p> <p>Liver w/ Onion Gravy Whipped Potatoes Country Blend Vegetables* Honey Wheat Bread/Marg Apricot Halves 1% or Skim Milk</p>	<p align="center"><b>Thursday 3/2/2023</b></p> <p>Ham &amp; Scalloped Potatoes Winter Blend Vegetables* WG Dinner Roll/Marg Cinnamon Apple Slices 1% or Skim Milk</p>	<p align="center"><b>Friday 3/3/2023</b></p> <p>Breaded Fish* Sandwich on WG Hamburger Bun w/Lettuce, Tomato, Tartar Sauce Potato Medley Carrot Coins* Diet Fruited Gelatin 1% or Skim Milk</p>
<p align="center"><b>Monday 3/6/2023</b></p> <p>California Cheesy Chicken &amp; Brown Rice Casserole Zucchini &amp; Tomatoes* WG Dinner Roll/Marg Diced Pears 1% or Skim Milk</p>	<p align="center"><b>Tuesday 3/7/2023</b></p> <p>Cheeseburger* on a Wheat Hamburger Bun w/ Leaf Lettuce, Tomato, Red Onions &amp; Pickle Slices Potato Wedges* Chocolate Chip Muffin 1% or Skim Milk</p>	<p align="center"><b>Wednesday 3/8/2023</b></p> <p>Turkey Breast &amp; Gravy Potato Medley Green Beans* WG Dinner Roll/Marg Decorated Birthday Cake or Plain Cake Square 1% or Skim Milk</p>	<p align="center"><b>Thursday 3/9/2023</b></p> <p>Meatloaf &amp; Gravy Twice Baked Whipped Potatoes Mixed Vegetables* WG Bread Slice/Marg Cherry Vanilla Yogurt PC or Diet Pudding 1% or Skim Milk</p>	<p align="center"><b>Friday 3/10/2023</b></p> <p>Potato Crunch Fish Filet* Baked Sweet Potato Spring Blend Vegetables* Heavy Hearth Roll/Marg Applesauce Tartar Sauce PC 1% or Skim Milk</p>
<p align="center"><b>Monday 3/13/2023</b></p> <p>Swedish Meatballs Potato Medley Oven Roasted Vegetables* WG Breadstick/Marg Diced Peaches 1% or Skim Milk</p>	<p align="center"><b>Tuesday 3/14/2023</b></p> <p>Soft Shell Beef Taco Taco Meat*, Shred Cheese Shred Lettuce, Diced Tomato Fiesta Corn* 8" Flour Tortilla Sour Cream &amp; Taco Sauce PCs Pineapple Tidbits 1% or Skim Milk</p>	<p align="center"><b>Wednesday 3/15/2023</b></p> <p>Pork Fritter* Mashed Potatoes &amp; Gravy Brussels Sprouts* WG Dinner Roll/Marg Classic Fruit Salad 1% or Skim Milk</p>	<p align="center"><b>Thursday 3/16/2023</b></p> <p>Chicken Breast/Gravy Rice Pilaf California Mix* Italian Roll/Marg Fruit Cocktail 1% or Skim Milk</p>	<p align="center"><b>Friday 3/17/2023</b></p> <p>Corned Beef* Cabbage &amp; Carrots Roasted Whole Baby Reds Rye Bread/Marg Emerald Pudding or Mandarin Oranges 1% or Skim Milk <b>St Patrick's Day</b></p>
<p align="center"><b>Monday 3/20/2023</b></p> <p>Ham &amp; Northern Beans Roasted Baby Carrots Cornbread/Marg Cinnamon Applesauce 1% or Skim Milk</p>	<p align="center"><b>Tuesday 3/21/2023</b></p> <p>Chicken with Supreme Sauce Garlic Whip Potatoes Green Beans* Marble Rye Bread/Marg Oatmeal Raisin Cookie or Diet Cookies 1% or Skim Milk</p>	<p align="center"><b>Wednesday 3/22/2023</b></p> <p>BBQ Meatballs Cauliflower* Diced Sweet Potatoes Cinn. Raisin Bread/Marg Diced Pears 1% or Skim Milk</p>	<p align="center"><b>Thursday 3/23/2023</b></p> <p>Pizza Joe* Sandwich on WG Hamburger Bun Shredded Mozzarella Cheese Seasoned Potato Wedges* Italian Blend Vegetables* Pineapple Tidbits 1% or Skim Milk</p>	<p align="center"><b>Friday 3/24/2023</b></p> <p>Cheese Ravioli in Marinara with Shredded Mozzarella Broccoli* Mixed Greens Side Salad Dressing PC WG Breadstick/Marg Peach Slices 1% or Skim Milk</p>
<p align="center"><b>Monday 3/27/2023</b></p> <p>Hawaiian BBQ Chicken Brown Rice Pilaf Winter Blend* WG Bread /Marg Fruit Mix 1% or Skim Milk</p>	<p align="center"><b>Tuesday 3/28/2023</b></p> <p>Sliced Roast Beef &amp; Gravy Mashed Potatoes Glazed Diced Beets Vienna Bread/Margarine Chocolate Brownie or Diet Cookies 1% or Skim Milk</p>	<p align="center"><b>Wednesday 3/29/2023</b></p> <p>Roasted Pork Chop with Apple Chutney Baked Potato Green Beans* WG Dinner Roll/Marg Strawberry Shortcake or Plain Cake Square Sour Cream PC 1% or Skim Milk</p>	<p align="center"><b>Thursday 3/30/2023</b></p> <p>Beefy Mac Casserole with Cavatappi Noodles Mixed Greens Salad/DressPC Capri Blend Vegetables* 100% Whole Grain Bread/Marg Mandarin Oranges 1% or Skim Milk</p>	<p align="center"><b>Friday 3/31/2023</b></p> <p>Baked Cod Loin in Citrus Cream Sauce Baked Sweet Potato Green Peas* Pumpnickel Bread/Marg Fruit Cocktail 1% or Skim Milk</p>

