


MAY 2026 DIET MENU

EASTERN NEBRASKA OFFICE ON AGING
MEALS ON WHEELS

402-444-6766

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| <p>Please call our office by 9am to cancel your meal for the day!</p> | |  | | | <p>Friday 5/1/2026</p> |
| | | | | | <p>H Chicken Marsala H Garlic Mashed Potatoes H Zucchini & Tomatoes C WG Dinner Roll/Marg C Banana Moon Pie Or Diet Cookie for Diabetics 1% Milk</p> |
| <p>Monday 5/4/2026</p> | <p>Tuesday 5/5/2026</p> | <p>Wednesday 5/6/2026</p> | <p>Thursday 5/7/2026</p> | <p>Friday 5/8/2026</p> | |
| <p>H Chicken Breast w/ Country Gravy H Mashed Potatoes H Mixed Vegetables C Vienna Bread Slice/Marg C Apricot Halves 1% Milk</p> | <p>H Beef Taco Casserole w/ WG Rotini Pasta H Fiesta Pinto Beans H Fiesta Corn C WG Breadstick/Marg C Diet Pudding 1% Milk</p> | <p>H Hamburger Patty H Diced Carrots H Cinnamon Apples C WG Hamburger Bun C Leaf Lett & Sliced Tom 1% Milk</p> | <p>H Meatloaf in Tomato Gravy H Diced Baby Reds H California Vegetables C WG Bread Slice/Marg C Fresh Pear 1% Milk</p> | <p>H Western Omelet in Cheese Sauce H Cheesy Hashbrowns H Strawberry Applesauce C WG Blueberry Muffin 1% Milk</p> | |
| <p>Monday 5/11/2026</p> | <p>Tuesday 5/12/2026</p> | <p>Wednesday 5/13/2026</p> | <p>Thursday 5/14/2026</p> | <p>Friday 5/15/2026</p> | |
| <p>H Beef Patty w/ Gravy H Green Peas H Green Beans C WG Dinner Roll/Marg C Fruit Cocktail 1% Milk</p> | <p>H Potato Crunch Fish Filet H Mashed Potatoes H Broccoli C WG Dinner Roll/Marg C Diced Peaches C Tartar Sauce PC 1% Milk</p> | <p>H Meatballs in Gravy H Mashed Potatoes H Honey Glazed Carrots C WG Bread Slice/Marg C Plain Cake Square 1% Milk</p> | <p>H Sweet & Sour Chicken H Brown Rice Pilaf H Winter Blend Vegetables C Cinnamon Raisin Bread C Pineapple Tidbits 1% Milk</p> | <p>H Pork Chop in Gravy H Mashed Potatoes H Brussels Sprouts C WG Dinner Roll/Marg C Choc. Chip Cookie Or Diet Cookie for Diabetics 1% Milk</p> | |
| <p>Monday 5/18/2026</p> | <p>Tuesday 5/19/2026</p> | <p>Wednesday 5/20/2026</p> | <p>Thursday 5/21/2026</p> | <p>Friday 5/22/2026</p> | |
| <p>H Chunky Chicken Pot Pie H Mashed Potatoes H California Blend Veggies C WG Bread Slice/Marg C Oatmeal Cream Pie 1% Milk</p> | <p>H Chicken Breast w/ Gravy H Peas & Carrots H Cornbread C Marg/Honey PC C Fresh Orange 1% Milk</p> | <p>H All Beef Hot Dog H Chuckwagon Corn H Diced Potatoes C WG Hot Dog Bun C Strawberries & Peaches Or Peaches for Diabetics 1% Milk</p> | <p>H Turkey Roast & Gravy H Mashed Potatoes H Winter Blend Vegetables C WG Dinner Roll/Marg C Cinnamon Applesauce 1% Milk</p> | <p>H Sloppy Joe Sandwich H Diced Potatoes H Mixed Vegetables C WG Hamburger Bun C Sliced Pears 1% Milk</p> | |
| <p>Monday 5/25/2026</p> | <p>Tuesday 5/26/2026</p> | <p>Wednesday 5/27/2026</p> | <p>Thursday 5/28/2026</p> | <p>Friday 5/29/2026</p> | |
| <p>Memorial Day MOW CLOSED Frozen meal delivered 5/20 by reservation</p> | <p>H Mild Italian Sausage in Marinara Sauce H Green Beans H Carrot Coins C WG Breadstick/Marg C Cherry Crisp or Diet Cookie for Diabetics 1% Milk</p> | <p>H Meatballs in Gravy H Mashed Potatoes H Diced Beets C WG Dinner Roll/Marg C Apricot Halves 1% Milk</p> | <p>H BBQ Pork Rib Patty H Corn H Broccoli C WG Coney Bun C Diced Pears 1% Milk</p> | <p>H Chicken Breast with Jerusalem Sauce H Wild Rice H California Blend Veggies C WG Breadstick/Marg C Strawberries & Mango or Peaches to Diabetics 1% Milk</p> | |
| <p>**These meals may contain the following allergens: Peanut, Tree Nuts, Seafood, Shellfish, Soy, Eggs, Milk, Wheat, and Sesame Seeds**</p> | | | | | |