

**Eastern Nebraska Office on Aging  
Meals on Wheels Menus  
December 2021**

		<b>Wednesday 12/1/2021</b> All Beef Hot Dog with Chili Topping Seasoned Potato Wedges Corn WG Hot Dog Bun Pineapple & Strawberries 1% Milk	<b>Thursday 12/2/2021</b> Italian Meatballs in Marinara Sauce Potato Medley Green Beans WG Dinner Roll/Marg Chocolate Pudding 1% Milk	<b>Friday 12/3/2021</b> Meatloaf & Gravy Roast Diced Baby Reds Carrot Coins Sourdough Roll/Marg Sliced Apricots 1% Milk
<b>Monday 12/6/2021</b> Chicken Cordon Bleu w/ Swiss Mornay Sauce Mashed Potatoes California Blend Veggies WG Dinner Roll/Marg Peanut Butter Cookie 1% Milk	<b>Tuesday 12/7/2021</b> Italian Goulash with WG Elbow Noodles Italian Blend Veggies Peaches Italian Roll/Marg Romaine Salad/Drsg 1% Milk	<b>Wednesday 12/8/2021</b> Roast Beef with Gravy Garlic Mashed Potatoes Brussels Sprouts WG Petite Roll/Marg Plain Cake Square 1% Milk	<b>Thursday 12/9/2021</b> Sweet & Sour Chicken Breast Oriental Blend Veggies 1/2 Baked Potato Cinn. Raisin Bread/Marg Tropical Fruit Mix Sour Cream PC 1% Milk	<b>Friday 12/10/2021</b> Seafood Chowder Garlic & Butter Diced Reds Mixed Vegetables Marble Bread/Marg Fruit Crisp 1% Milk
<b>Monday 12/13/2021</b> Baked Cod Loin in Sweet Basil Sauce Diced Sweet Potatoes Zucchini & Tomatoes WG Dinner Roll/Marg Fresh Orange 1% Milk	<b>Tuesday 12/14/2021</b> Country Fried Steak & Gravy Garlic Whipped Potatoes Country Blend Veggies Vienna Bread Slice/Marg Plum Halves 1% Milk	<b>Wednesday 12/15/2021</b> Baked Ham Twice Baked Whip Potato Cheesy Broccoli WG Dinner Roll/Marg Cherry Cheesecake Pudding 1% Milk	<b>Thursday 12/16/2021</b> Salisbury Steak & Brown Gravy Diced Baby Red Potatoes Parslied Carrots Sour Dough Roll/Marg Fruit Cocktail 1% Milk	<b>Friday 12/17/2021</b> BBQ Chicken Breast BBQ Baked Beans Diced Carrots WG Hamburger Bun Pear Slices 1% Milk
<b>Monday 12/20/2021</b> Hamburger Patty Seasoned Potato Wedges Broccoli Kaiser Bun Sliced Peaches 1% Milk	<b>Tuesday 12/21/2021</b> 10 Grain Fish Filet Winter Blend Corn Casserole WG Bread Slice/Marg Fresh Banana Tartar Sauce PC 1% Milk	<b>Wednesday 12/22/2021</b> Swedish Meatballs 1/2 Baked Potato Stewed Tomatoes WG Dinner Roll/Marg Strawberry Yogurt Cup Sour Cream PC 1% Milk	<div style="text-align: center;">   <b>Happy Holidays!</b>  <b>Meals by Reservation Only</b> </div>	
<b>Monday 12/27/2021</b> Chicken Parm Cass. with WG Penne Pasta Roasted Baby Carrots Cauliflower Italian Roll/Marg Applesauce 1% Milk	<b>Tuesday 12/28/2021</b> BBQ Pork Rib Patty Diced Baby Red Potatoes Brussels Sprouts WG Hamburger Bun Frosted Brownie 1% Milk	<b>Wednesday 12/29/2021</b> Beef & 3 Bean Chili Chuckwagon Corn Pineapple Tidbits Cornbread/Marg 1% Milk	<b>Thursday 12/30/2021</b> Sliced Roast Beef & Brown Gravy Whipped Potatoes Green Beans Rye Bread/Marg Butterscotch Pudding 1% Milk	<div style="text-align: center;">   <b>HAPPY NEW YEAR</b>  <b>Meals by Reservation only</b> </div>