




**Eastern Nebraska Office on Aging  
Meals on Wheels  
February 2022**

	<b>Tuesday 2/1/2022</b> Pizza Joe Sandwich Seasoned Potato Wedges Italian Blend Veggies WG Hamburger Bun Fruit Cocktail 1% Milk	<b>Wednesday 2/2/2022</b> Hawaiian BBQ Chicken Brown Rice Pilaf Cauliflower Rye Bread/Marg Butterscotch Pudding 1% Milk	<b>Thursday 2/3/2022</b> Roasted Pork Chop with Apple Chutney Mashed Potatoes Green Beans \Wheatberry Roll/Marg Mandarin Oranges 1% Milk	<b>Friday 2/4/2022</b> Beef Stew w/ Potatoes Carrots & Peas Chuckwagon Corn Pineapple Tidbits Romaine Blend Salad/Drsg Mini Buttermilk Biscuit/ Marg 1% Milk
	<b>Monday 2/7/2022</b> Oven Fried Chicken Breast & Gravy Roast Diced Baby Reds Green Peas Honey Wheat Bread/Marg Diced Peaches 1% Milk	<b>Tuesday 2/8/2022</b> Italian Meatballs 1/2 Baked Potato Broccoli WG Breadstick/Marg Sugar Cookie Sour Cream PC 1% Milk	<b>Wednesday 2/9/2022</b> Sliced Roast Beef/Gravy Garlic Mashed Potatoes Brussels Sprouts Vienna Bread/Marg Plain Cake Square 1% Milk	<b>Thursday 2/10/2022</b> Meatloaf & Gravy Twice Baked Mashed Glazed Carrots WG Dinner Roll/Marg Fruit Mix 1% Milk
	<b>Monday 2/14/2022</b> Ham Diced Sweet Potatoes Winter Blend Veggies WG Dinner Roll/Marg Strawberry Cheesecake Pudding 1% Milk	<b>Tuesday 2/15/2022</b> Hamburger Patty Baked Beans Mixed Vegetables Leaf Lettuce & Tomato WG Hamburger Bun Fresh Orange 1% Milk	<b>Wednesday 2/16/2022</b> Creamed Chicken Gravy Mashed Potatoes Glazed Pineapple Blueberry Muffin Romaine Blend Salad Dressing PC 1% Milk	<b>Thursday 2/17/2022</b> Teriyaki Meatballs Oriental Blend Veggies Brown Rice Pilaf Cinn. Raisin Bread/Marg Diced Pears 1% Milk
	<b>Monday 2/21/2022</b>  <b>Meals by Reservation Only</b>	<b>Tuesday 2/22/2022</b> Turkey Breast & Gravy Potato Medley Zucchini & Tomatoes WG Dinner Roll/Marg Plain Cake Square 1% Milk	<b>Wednesday 2/23/2022</b> Meatballs with Onion Gravy Mashed Potatoes Green Beans Wheatberry Roll/Marg Fruit Cocktail 1% Milk	<b>Thursday 2/24/2022</b> Taco Meat Fiesta Corn Applesauce Lettuce/Tomato/Cheese 8" Flour Tortilla Taco Sauce PC 1% Milk
	<b>Monday 2/28/2022</b> Country Fried Steak with Country Gravy Mashed Potatoes Brussels Sprouts Marble Bread/Marg Classic Fruit Salad 1% Milk			

Menus subject to change