

**Eastern Nebraska Office on Aging
Congregate Meals
September 2022**

			Thursday 9/1/2022	Friday 9/2/2022
 * Items to be heated or microwaved at the centers			BBQ Meatballs Macaroni & Cheese Mixed Vegetables* 100% Wheat Bread/Marg Fruit Cocktail 1% or Skim Milk	Grilled Chicken Sandwich on WG Hamburger Bun w/ Leaf Lettuce, Pickles & Sliced Tomatoes BBQ Baked Beans Potato Wedges* Mandarin Oranges 1% or Skim Milk
Monday 9/5/2022	Tuesday 9/6/2022	Wednesday 9/7/2022	Thursday 9/8/2022	Friday 9/9/2022
 Senior Centers Closed	Potato Crusted Fish* w/Tartar Sauce Chuckwagon Corn* Potato Medley Petite Roll/Marg Vanilla Pudding or Diet Pudding 1% or Skim Milk	Oven Fried Chicken Breast* Mashed Potatoes & Gravy Green Beans* WG Dinner Roll/Marg Fresh Orange 1% or Skim Milk	Classic Cheeseburger* on WG Hamburger Bun w/ Leaf Lettuce, Pickles, Sliced Tomatoes & Onion Coleslaw Sugar Cookie or Diet Cookies 1% or Skim Milk	WG Spaghetti & Meat Sauce Mixed Greens Side Salad Dressing PC Italian Blend Vegetables* WG Breadstick/Marg Applesauce 1% or Skim Milk
Monday 9/12/2022	Tuesday 9/13/2022	Wednesday 9/14/2022	Thursday 9/15/2022	Friday 9/16/2022
Open Faced Roast Beef Sandwich on WG Bread Mashed Potatoes & Gravy Diced Beets Chocolate Chip Cookie or Diet Cookies 1% or Skim Milk	All Beef Chicago Dog Jumbo Frank, Sliced Tomato Pickle Spear, Diced Onion on a WG Hot Dog Bun Potato Wedges* Mandarin Oranges 1% or Skim Milk	Pork Chop with Gravy Baked Potato/Sour Cream PC Green Peas* WG Bread Stick/Marg Decorated Birthday Cake or Plain Cake Square 1% or Skim Milk	Cheesy Broccoli Chicken Breast Brown Rice Pilaf Honey Roasted Baby Carrots WG Dinner Roll/Marg Pineapple 1% or Skim Milk	Breaded Fish* Sandwich Garlic Roasted Baby Reds Brussels Sprouts* WG Bun Tartar Sauce PC Fudge Round or Diet Cookies 1% or Skim Milk
Monday 9/19/2022	Tuesday 9/20/2022	Wednesday 9/21/2022	Thursday 9/22/2022	Friday 9/23/2022
BBQ Pork Sandwich on WG Wheat Bun Scalloped Potatoes Broccoli Salad Diced Pears 1% or Skim Milk	Chicken Marsala Diced Sweet Potatoes Zucchini & Tomatoes* WG Bread Stick/Marg Ambrosia 1% or Skim Milk	Soft Shell Beef Taco Taco Meat*, Shred Lettuce Diced Tomato, Shred Cheese Fiesta Corn* 8" Flour Tortilla Shell Sour Cream & Taco Sauce PC Straw. Shortcake or Plain Cake 1% or Skim Milk	10 Grain Fish* Twice Baked Mash Potatoes Green Beans* WG Dinner Roll/Marg Apricot Halves Tartar Sauce PC 1% or Skim Milk	Salisbury Steak in Brown Gravy Cheesy Hashbrowns Cauliflower* WG Bread Slice/Marg Cherry Vanilla Yogurt PC or Diet Pudding 1% or Skim Milk
Monday 9/26/2022	Tuesday 9/27/2022	Wednesday 9/28/2022	Thursday 9/29/2022	Friday 9/30/2022
Sliced Turkey & Gravy Mashed Potatoes Broccoli* Heavy Hearth Roll/Marg Pineapple Tidbits 1% or Skim Milk	Meatloaf with Tomato Gravy Baked Potato/Sour Cream PC Mixed Vegetables* 100% Wheat Bread/Marg Oreo Cookies or Diet Cookies 1% or Skim Milk	Cheeseburger Macaroni w/ WG Elbow Noodles Mixed Greens/Dressing PC Mediterranean Blend Veg* WG Breadstick/Marg Fruit Cocktail 1% or Skim Milk	Ham & Beans Carrot Coins* Mixed Greens Side Salad Dressing PC Cornbread/Marg Applesauce 1% or Skim Milk	Chicken Piccata Brown Rice Pilaf Winter Blend Vegetables* Marble Bread Slice/Marg Butterscotch Pudding or Diet Pudding 1% or Skim Milk