
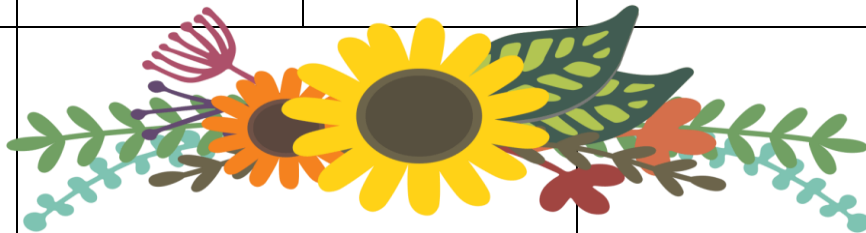



**Eastern Nebraska Office on Aging
Meals on Wheels Menus
October 2021**

				Friday 10/1/2021 Chicken Cordon Bleu w/ Swiss Mornay Sauce Mashed Potatoes Broccoli WG Dinner Roll/Marg Oatmeal Raisin Cookie 1% Milk
				
Monday 10/4/2021	Tuesday 10/5/2021	Wednesday 10/6/2021	Thursday 10/7/2021	Friday 10/8/2021
Baked Cod Loin in Sweet Basil Sauce Diced Sweet Potatoes Zucchini & Tomatoes WG Dinner Roll/Marg Tropical Fruit Mix 1% Milk	BBQ Meatballs Potato Medley Mixed Vegetables WG Petite Roll/Marg Fresh Orange 1% Milk	Country Fried Steak with Country Gravy Mashed Potatoes Green Peas WG Dinner Roll/Marg Fresh Banana 1% Milk	Sweet & Sour Chicken Breast Oriental Blend Veggies Carrot Coins Cinn. Raisin Bread/Marg Tapioca Pudding 1% Milk	All Beef Hot Dog with Chili Topping Seasoned Potato Wedges Corn WG Hot Dog Bun Pineapple & Strawberries 1% Milk
Monday 10/11/2021	Tuesday 10/12/2021	Wednesday 10/13/2021	Thursday 10/14/2021	Friday 10/15/2021
	Oven Roast Pork Chop with Pork Gravy Diced Sweet Potatoes Brussels Sprouts WG Dinner Roll/Marg Peanut Butter Cookie 1% Milk	Sliced Roast Beef & Brown Gravy Mashed Potatoes Honey Glazed Carrots Rye Bread/Marg Plain Cake Square 1% Milk	Seafood Chowder Garlic & Butter Diced Reds Winter Blend Veggies Marble Rye Bread/Marg Fruit Crisp 1% Milk	Hamburger Patty with Garlic Mushroom Gravy Scalloped Potatoes Peas & Pearl Onions 100% Wheat Bread/Marg Mandarin Oranges 1% Milk
Monday 10/18/2021	Tuesday 10/19/2021	Wednesday 10/20/2021	Thursday 10/21/2021	Friday 10/22/2021
Orange Chicken Stir Fry w/ WG Spaghetti Pasta Peas & Carrots Broccoli Strawberry Yogurt Cup 1% Milk	Beef Ravioli in Marinara Sauce Italian Blend Veggies Cinn. Applesauce Romaine Blend Salad Ranch Dressing PC WG Breadstick/Marg 1% Milk	10-Grain Fish Filet Augratin Potatoes Green Beans WG Dinner Roll/Marg Fruited Diet Gelatin Tartar Sauce PC 1% Milk	Taco Joe Sandwich Seasoned Potato Wedges Chuckwagon Corn WG Hamburger Bun Sliced Apricots 1% Milk	Chicken Breast & Chicken Gravy Whipped Potatoes California Blend Veggies Honey Wheat Bread/Marg Frosted Brownie 1% Milk
Monday 10/25/2021	Tuesday 10/26/2021	Wednesday 10/27/2021	Thursday 10/28/2021	Friday 10/29/2021
Chicken Fried Steak & Gravy Garlic Mashed Potatoes Country Blend Veggies Vienna Bread Slice/Marg Mandarin Oranges 1% Milk	Swedish Meatballs 1/2 Baked Potato Stewed Tomatoes WG Dinner Roll/Marg Pear Slices Sour Cream PC 1% Milk	BBQ Chicken Breast BBQ Baked Beans Diced Carrots WG Hamburger Bun Applesauce 1% Milk	Italian Goulash with WG Elbow Noodles Italian Blend Veggies Broccoli Vienna Bread/Marg Diced Peaches 1% Milk	Salisbury Steak & Brown Gravy Loaded Mashed Potatoes Green Beans WG Dinner Roll/Marg Pumpkin Muffin Square 1% Milk

Menus subject to change

Final August 10, 2021