

# JUNE 2026 REGULAR MENU

EASTERN NEBRASKA OFFICE ON AGING  
MEALS ON WHEELS

402-444-6766

Monday 6/1/2026	Tuesday 6/2/2026	Wednesday 6/3/2026	Thursday 6/4/2026	Friday 6/5/2026
H Country Fried Steak w/ Country Gravy H Mashed Potatoes H Green Beans C Vienna Bread Slice/Marg C Mandarin Oranges 1% Milk	H Chicken Breast in Bacon Ranch Sauce H Potato Medley H Stewed Tomatoes C WG Breadstick/Marg C Fudge Round 1% Milk	H Western Omelet in Cheese Sauce H Breakfast Potatoes H Peppers & Onions C WG Blueberry Muffing/Marg C Pineapple Tidbits 1% Milk	H Hamburger Patty H Diced Sweet Potatoes H Sliced Pears C Lettuce & Tomato C WG Hamburger Bun 1% Milk	H Ham & Au gratin Potatoes H Broccoli H Carrot Coins C WG Dinner Roll/Marg C Nutty Buddy Stick 1% Milk
Monday 6/8/2026	Tuesday 6/9/2026	Wednesday 6/10/2026	Thursday 6/11/2026	Friday 6/12/2026
H WG Spaghetti with Ground Beef H Brussels Sprouts H Green Beans C WG Breadstick/Marg C Jelly Filled Donut 1% Milk	H Sweet & Sour Chicken H Wild Rice H Broccoli C Cinnamon Raisin Bread C Tropical Fruit Mix 1% Milk	H Sliced Roast Beef in Brown Gravy H Garlic Mashed Potatoes H Mixed Vegetables C WG Dinner Roll/Marg C Plain Cake Square 1% Milk	H Pork Chop in Country Gravy H Twice Baked Whip Potato H Chuckwagon Corn C WG Dinner Roll/Marg C Sliced Peaches 1% Milk	H All Beef Chili Dog H Diced Potatoes H Cauliflower C WG Hot Dog Bun C Apricot Halves 1% Milk
Monday 6/15/2026	Tuesday 6/16/2026	Wednesday 6/17/2026	Thursday 6/18/2026	Friday 6/19/2026
H Potato Crunch Fish Filet H Stewed Tomatoes H Cheesy Hashbrowns C Marble Rye/Marg C Fresh Orange C Tartar Sauce PC 1% Milk	H Oven Fried Chicken Breast in Country Gravy H Mashed Potatoes H California Blend Veggies C WG Breadstick/Marg C Rice Krispy Treat 1% Milk	H Baked Ham H Stuffing H Cheesy Broccoli C Hearth Roll/Marg C Mandarin Oranges 1% Milk	H Sloppy Joe Sandwich H Potato Medley H Mixed Vegetables C WG Hamburger Bun C Fruit Cocktail 1% Milk	H Turkey Tetrizzini with WG Pasta H Brussels Sprouts H Carrot Coins C WG Breadstick/Marg C Choc. Choc. Chip Muffin 1% Milk
Monday 6/22/2026	Tuesday 6/23/2026	Wednesday 6/24/2026	Thursday 6/25/2026	Friday 6/26/2026
H Chicken Breast in Creamy Spinach & Artichoke Sauce H Wild Rice H Cauliflower C WG Breadstick/Marg C Diced Pears 1% Milk	H Cheesy Fiesta Beef H Brown Rice H Pinto Beans C Sour Cream PC C Strawberries & Peaches 1% Milk	H Pot Roast in Gravy H Mashed Potatoes H Peas & Carrots C WG Dinner Roll/Marg C Cinnamon Apples 1% Milk	H BBQ Chicken Breast H BBQ Baked Beans H Diced Carrots C WG Breadstick/Marg C M&M Cookie 1% Milk	H Mild Italian Sausage in Marinara Sauce H Pepper & Onion Mix H Diced Potatoes C Hoagie Bun C Chocolate Pudding 1% Milk
Monday 6/29/2026	Tuesday 6/30/2026			<p><b>Please call our office by 9am to cancel your meal for the day!</b></p>
H Meatballs in Brown Gravy H Mashed Potatoes H Chuckwagon Corn C WG Breadstick/Marg C Pineapple Tidbits 1% Milk	H Cheesy Broccoli Chicken Breast H Brown Rice Pilaf H Mixed Vegetables C WG Dinner Roll/Marg C Tropical Fruit Mix 1% Milk			

**\*\*These meals may contain the following allergens: Peanut, Tree Nuts, Seafood, Shellfish, Soy, Eggs, Milk, Wheat, and Sesame Seeds\*\***