

**Eastern Nebraska Office on Aging
Meals on Wheels Menus
November 2022**

Monday	Tuesday 11/1/2022	Wednesday 11/2/2022	Thursday 11/3/2022	Friday 11/4/2022
	Potato Crunch Fish Filet Diced Sweet Potatoes Zucchini & Tomatoes WG Petite Roll/Marg Tropical Fruit Mix 1% Milk	Beef Ravioli in Marinara Sauce Brussel Sprouts Carrot Coins WG Breadstick/Marg Blueberry Muffin 1% Milk	Meatloaf & Gravy Roast Diced Baby Reds Peas Cornbread Muffin/Marg Pear Slices 1% Milk	Sweet & Sour Chicken Breast Oriental Blend Veggies Rice Pilaf Cinn. Raisin Bread/Marg Pineapple Tidbits 1% Milk
Monday 11/7/2022	Tuesday 11/8/2022	Wednesday 11/9/2022	Thursday 11/10/2022	Friday 11/11/2022
All Beef Hot Dog with Chili Topping Seasoned Potato Wedges Corn WG Hot Dog Bun Pineapple & Strawberries 1% Milk	Baked Ham Broccoli Rice Casserole Honey Glazed Carrots WG Dinner Roll/Marg Fruit Cocktail 1% Milk	Oven Fried Chicken Breast Whipped Potatoes with Chicken Gravy Green Beans Italian Dinner Roll/Marg Plain Cake Square 1% Milk	BBQ Ribette Patty BBQ Baked Beans Cauliflower WG Hamburger Bun Diced Peaches 1% Milk	 Holiday Meal by Reservation Only
Monday 11/14/2022	11/15/2022	Wednesday 11/16/2022	Thursday 11/17/2022	Friday 11/18/2022
Hamburger Patty with Garlic Mushroom Gravy Scalloped Potatoes Brussels Sprouts Wheatberry Roll/Marg Mandarin Oranges 1% Milk	Sliced Roast Beef & Brown Gravy Whipped Potatoes Green Peas Rye Bread/Marg Butterscotch Pudding 1% Milk	Ground Beef Stew Garlic & Butter Diced Reds California Blend Veggies WG Dinner Roll/Marg Ambrosia Salad 1% Milk	Chicken Breast & Chicken Gravy Potato Medley Green Beans Heavy Hearth Roll/Marg Diced Pears 1% Milk	Beef & 3 Bean Chili Carrot Coins Fruit Mix Cornbread/Marg 1% Milk
Monday 11/21/2022	Tuesday 11/22/2022	Wednesday 11/23/2022	Thursday 11/24/2022	Friday 11/25/2022
Taco Joe Sandwich Augratin Potatoes Winter Blend WG Hamburger Bun Pear Slices 1% Milk	Swedish Meatballs 1/2 Baked Potato Stewed Tomatoes Sour Dough Roll/Marg Strawberry Yogurt Cup Sour Cream PC 1% Milk	Turkey Breast & Gravy over Cornbread Dressing Whipped Potatoes Green Bean Casserole WG Petite Roll/Marg Pumpkin Dessert 1% Milk	 No Meals	Holiday Meal by Reservation Only
Monday 11/28/2022	Tuesday 11/29/2022	Wednesday 11/30/2022		
10 Grain Fish Filet Diced Sweet Potatoes Cauliflower Wheatberry Roll/Marg Sliced Peaches Tartar Sauce PC 1% Milk	BBQ Chicken Breast Seasoned Potato Wedges Green Peas WG Hamburger Bun Orange 1% Milk	Ham & Beans Broccoli Pineapple Cornbread/Marg Mixed Greens Dressing PC 1% Milk		