

**Eastern Nebraska Office on Aging
Congregate Menu
August 2022**

Monday 8/1/2022	Tuesday 8/2/2022	Wednesday 8/3/2022	Thursday 8/4/2022	Friday 8/5/2022
Classic Cheeseburger* on WG Hamburger Bun w/ Leaf Lettuce, Pickles, Sliced Tomatoes & Onion Coleslaw Sugar Cookie or Diet Cookies 1% or Skim Milk	Chicken Piccata Baked Sweet Potato Winter Blend Vegetables* Marble Bread Slice/Marg Diced Peaches 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	Oven Fried Chicken Breast* Mashed Potatoes & Gravy Broccoli* WG Dinner Roll/Marg Butterscotch Pudding or Diet Pudding 1% or Skim Milk	Salisbury Steak & Mushroom Gravy Potato Medley Green Beans* WG Bread/Marg Strawberries & Pineapple 1% or Skim Milk
Monday 8/8/2022	Tuesday 8/9/2022	Wednesday 8/10/2022	Thursday 8/11/2022	Friday 8/12/2022
Chicken Fried Rice Oriental Blend Vegetables Carrot Coins* Fortune Cookie Cinnamon Raisin Bread/Marg Fresh Orange 1% or Skim Milk	Meatloaf in Tomato Gravy Cheesy Whip Potatoes Peas* WG Dinner Roll/Marg Cherry Vanilla Yogurt or Diet Pudding 1% or Skim Milk	Open Faced Roast Beef Sandwich on WG Bread Mashed Potatoes & Gravy Diced Beets Decorated Birthday Cake or Plain Cake Square 1% or Skim Milk	Potato Crunch Fish Wedge* Garlic Roasted Baby Reds Brussels Sprouts* Rye Bread Slice/Marg Tartar Sauce PC Fudge Round or Diet Cookies 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 8/15/2022	Tuesday 8/16/2022	Wednesday 8/17/2022	Thursday 8/18/2022	Friday 8/19/2022
Pork Fritter* with Gravy Baked Potato/Sour Cream PC Mediterranean Blend* WG Bread Stick/Marg Oreo Cookies 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 Medley Tropical Fruit 1% or Skim Milk	Cheesy Broccoli Chicken Breast Brown Rice Pilaf Honey Roasted Baby Carrots WG Dinner Roll/Marg Applesauce 1% or Skim Milk	Liver w/ Onion Gravy Mashed Potatoes Zucchini & Tomatoes* Honey Wheat Bread/Marg Chocolate Chip Cookie or Diet Cookies 1% or Skim Milk	Italian Casserole w/ Ground Sausage, Peppers Alfredo & Cavatapi Pasta Mixed Greens/Dressing PC Cauliflower* Italian Dinner Roll/Marg Ambrosia Salad 1% or Skim Milk
Monday 8/22/2022	Tuesday 8/23/2022	Wednesday 8/24/2022	Thursday 8/25/2022	Friday 8/26/2022
10 Grain Fish* Twice Baked Mash Potatoes Green Beans* WG Dinner Roll/Marg Vanilla or Diet Pudding Tartar Sauce PC 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 Peaches & Strawberries 1% or Skim Milk	BBQ Pork Sandwich on WG Wheat Bun Scalloped Potatoes Broccoli Salad Pineapple Tidbits 1% or Skim Milk	Sliced Turkey & Gravy Mashed Potatoes Green Peas* WG Breadstick/Marg Cinnamon Apple Slices or Plain Applesauce 1% or Skim Milk	Pork Chop with Pineapple Salsa Baked Sweet Potato California Blend Vegetables* WG Petite Roll/Marg Strawberry Shortcake or Plain Cake Square 1% or Skim Milk
Monday 8/29/2022	Tuesday 8/30/2022	Wednesday 8/31/2022		
Swiss Steak & Brown Gravy Diced Baby Reds Brussels Sprouts* WG Dinner Roll/Marg Sliced Pears 1% or Skim Milk	Asian Beef & Rice Cass. Oriental Blend Vegetables* Carrot Coins Fortune Cookie Cinnamon Raisin Bread/Marg Sugar Cookie or Diet Cookies 1% or Skim Milk	Chicken Marsala Brown Rice Pilaf Winter Blend Vegetables* Marble Bread Slice/Marg Butterscotch Pudding or Diet Pudding 1% or Skim Milk		

* Items to be heated
or microwaved at
the centers