

**Eastern Nebraska Office on Aging  
Congregate Meals**

**October 2023**

<b>Monday 10/2/2023</b>	<b>Tuesday 10/3/2023</b>	<b>Wednesday 10/4/2023</b>	<b>Thursday 10/5/2023</b>	<b>Friday 10/6/2023</b>
Potato Crusted Fish Filet Diced Sweet Potatoes Zucchini & Tomatoes WG Dinner Roll/Marg Tropical Fruit Mix 1% or Skim Milk	Chunky Chicken Pot Pie over Mashed Potatoes Mixed Vegetables Mini Buttermilk Biscuit Fresh Orange 1% or Skim Milk	<b>National Taco Day</b> Beef Taco Meat & Shred Chz Shred Lettuce & Diced Tomato Fiesta Bean Trio 8" Flour Tortilla Shell Taco Sauce PC Bread Pudding 1% or Skim Milk	Sweet & Sour Chicken Breast Broccoli Cuts Peas & Carrots Cinnamon Raisin Bread/Marg Lemon Pudding or Diet Pudding 1% or Skim Milk	All Beef Chili Dog with Shredded Cheese on WG Hot Dog Bun Potato Wedges Corn Pineapple & Strawberries 1% or Skim Milk
<b>Monday 10/9/2023</b>	<b>Tuesday 10/10/2023</b>	<b>Wednesday 10/11/2023</b>	<b>Thursday 10/12/2023</b>	<b>Friday 10/13/2023</b>
Chicken Cordon Bleu w/ Swiss Mornay Sauce Whipped Potatoes Diced Beets WG Dinner Roll/Marg Diced Peaches 1% or Skim Milk	BBQ Meatballs Potato Medley Mixed Vegetables WG Petite Roll/Marg Peanut Butter Cookie or Diet Cookies 1% or Skim Milk	Sliced Roast Beef & Gravy Mashed Potatoes Honey Glazed Carrots WG Dinner Roll/Marg Decorated Birthday Cake or Plain Cake Square 1% or Skim Milk	Seafood Chowder Garlic & Butter Diced Reds Country Blend Vegetables Marble Rye Bread/Marg Fruit Mix 1% or Skim Milk	Hamburger Patty with Garlic Mushroom Gravy Scalloped Potatoes Peas & Pearl Onions 100% Whole Wheat Bread/Marg Mandarin Oranges 1% or Skim Milk
<b>Monday 10/16/2023</b>	<b>Tuesday 10/17/2023</b>	<b>Wednesday 10/18/2023</b>	<b>Thursday 10/19/2023</b>	<b>Friday 10/20/2023</b>
Western Omelet w/ Cheese Sauce Potatoes O'Brien Cinnamon Applesauce Blueberry Muffin Fresh Orange 1% or Skim Milk	<b>National Pasta Day</b> Sausage & Cavatappi in Tomato Cream Sauce Mixed Greens Salad/Dress Oven Roasted Vegetables WG Breadstick/Marg Diced Peaches 1% or Skim Milk	<b>Nat. Chocolate Muffin Day</b> 10-Grain Fish Filet Augratin Potatoes Winter Blend Vegetables WG Dinner Roll/Marg Choc. Chocolate Chip Muffin Tartar Sauce PC 1% or Skim Milk	Cheesy Beef Joe Sandwich on a WG Hamburger Bun Potato Wedges Chuckwagon Corn Sliced Apricots 1% or Skim Milk	Chicken Breast & Chicken Gravy Whipped Potatoes Peas & Pearl Onions Honey Wheat Bread/Marg Choc. Chip Oatmeal Bar or Diet Cookies 1% or Skim Milk
<b>Monday 10/23/2023</b>	<b>Tuesday 10/24/2023</b>	<b>Wednesday 10/25/2023</b>	<b>Thursday 10/26/2023</b>	<b>Friday 10/27/2023</b>
Chicken Fried Steak & Gravy Garlic Mashed Potatoes Country Blend Vegetables Vienna Bread Slice/Marg Fresh Pear 1% or Skim Milk	Swedish Meatballs Diced Baby Red Potatoes Stewed Tomatoes WG Dinner Roll/Marg Pear Slices 1% or Skim Milk	BBQ Chicken Breast on WG Hamburger Bun BBQ Baked Beans Cauliflower Fudge Round or Diet Cookies 1% or Skim Milk	Italian Goulash with WG Elbow Noodles Peas Mixed Greens Salad/Dress Vienna Bread Slice/Marg Diced Peaches 1% or Skim Milk	<b>National Potato Day</b> Salisbury Steak with Brown Gravy Baked Potato/ Sour Cream PC Green Beans WG Dinner Roll/Marg Applesauce 1% or Skim Milk
<b>Monday 10/30/2023</b>	<b>Tuesday 10/31/2023</b>			
Sweet & Sour Meatballs Potato Medley Mixed Vegetables WG Dinner Roll/Marg Tropical Fruit Mix 1% or Skim Milk	Potato Crunch Fish Filet Diced Sweet Potatoes Zucchini & Tomatoes WG Petite Roll/Marg Pumpkin Fluff 1% or Skim Milk			

