


MOW JANUARY 2026 DIET MENU

Eastern Nebrasksa Office on Aging

<div>  <p>If we must cancel meal deliveries due to inclement weather, an announcement will be made on local news channels, KFAB 1100 am radio, ENOA website (enoa.org), and the ENOA Facebook page. The cancellation may be listed as Meals on Wheels or Eastern Nebraska Office on Aging.</p> </div>			Thursday 1/1/2026	Friday 1/2/2026
			New Year's Day MOW CLOSED Frozen meal delivered 12/30 by reservation	H BBQ Chicken Breast Sandwich H Diced Potatoes H Zucchini & Tomatoes C WG Hamburger Bun C Fresh Apple 1% Milk
Monday 1/5/2026	Tuesday 1/6/2026	Wednesday 1/7/2026	Thursday 1/8/2026	Friday 1/9/2026
H Pot Roast H Mashed Potatoes H Mixed Vegetables C WG Dinner Roll C Strawberry Perserves PC 1% Milk	H Breaded Chicken Patty H Diced Potatoes H Cinnamon Applesauce C WG Hamburger Bun C Leaf Lettuce & Tomato 1% Milk	H Cheesy Joe Sandwich H Fiesta Corn H Peppers & Onions C WG Hamburger Bun C Oatmeal Cream Pie 1% Milk	H Beef Fritter & Country Gravy H Mashed Potatoes H Peas & Carrots C WG Dinner Roll/Marg C Fruit Cocktail 1% Milk	H Potato Crunch Fish Filet H Diced Sweet Potatoes H Green Beans C Pumppernickel Bread/Marg C Tartar Sauce PC C Apricot Halves 1% Milk
Monday 1/12/2026	Tuesday 1/13/2026	Wednesday 1/14/2026	Thursday 1/15/2026	Friday 1/16/2026
H Salisbury Steak with Garlic Mushroom Gravy H Whipped Potatoes H Country Blend Veggies C Wheatberry Roll/Marg C Fresh Orange 1% Milk	H WG Spaghetti & Meat Sauce H Broccoli H Cauliflower C Italian Roll/Marg C Pineapple Tidbits 1% Milk	H Beef Patty in Gravy H 1/2 Baked Potato H Carrot Coins C WG Breadstick/Marg C Plain Cake Square C Sour Cream PC 1% Milk	H Western Omelet in Cheese Sauce H Potatoes O'Brien H Strawberries & Peaches C Blueberry Muffin 1% Milk	H Chicken Breast in Gravy H Green Beans H Diced Carrots C WG Biscuit C Fig Newton 1% Milk
Monday 1/19/2026	Tuesday 1/20/2026	Wednesday 1/21/2026	Thursday 1/22/2026	Friday 1/23/2026
Martin Luther King Jr. Holiday MOW CLOSED Frozen meal delivered 1/14 by reservation	H Turkey Breast & Gravy H Mashed Potatoes H Brussels Sprouts C WG Dinner Roll/Marg Sliced Pears 1% Milk	H Hamburger Patty H Diced Potatoes H Mixed Vegetables C Leaf Lettuce & Tomato C Wheat Hamburger Bun C Fudge Round 1% Milk	H Meatballs in Brown Gravy H Diced Sweet Potatoes H Green Beans C WG Breadstick/Marg C Pineapple Tidbits 1% Milk	H Oven Fried Chicken Breast with County Gravy H Garlic Mashed Potatoes H Mixed Vegetables C WG Bread Slice/Marg C Mandarin Oranges 1% Milk
Monday 1/26/2026	Tuesday 1/27/2026	Wednesday 1/28/2026	Thursday 1/29/2026	Friday 1/30/2026
H Chicken Breast with Jerusalem Sauce H Wild Rice H Peas & Carrots C WG Dinner Roll/Marg C Sliced Peaches 1% Milk	H Sloppy Joe Sandwich H Diced Potatoes H California Blend Veggies C WG Hamburger Bun C Fruit Cocktail 1% Milk	H Ground Beef Stew H Winter Blend Veggies H Applesauce C WG Dinner Roll/Marg 1% Milk	H Chicken Breast in Gravy H Brown Rice H Mixed Vegetables C WG Tostitos Scoops PC C Vanilla Pudding or Diet Pudding for Diabetics 1% Milk	H Beefy WG Mac Casserole H Garlic Diced Reds H Honey Glazed Carrots C Vienna Bread/Marg C Strawberries & Pears 1% Milk

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

Meals on Wheels

402-444-6766