

**Eastern Nebraska Office on Aging  
Congregate Meals  
May 2023**

<b>Monday 5/1/2023</b>	<b>Tuesday 5/2/2023</b>	<b>Wednesday 5/3/2023</b>	<b>Thursday 5/4/2023</b>	<b>Friday 5/5/2023</b>
Cheesy Chicken Breast Fiesta Rice Broccoli* WG Breadstick/Marg Chocolate Pudding or Diet Pudding 1% or Skim Milk	BBQ Pork Rib Patty BBQ Baked Beans Diced Carrots* WG Coney Bun Peaches & Strawberries 1% or Skim Milk	Baked Cod Loin in Pesto Cream Sauce Baked Sweet Potato Green Peas* WG Dinner Roll/Marg Fresh Banana 1% or Skim Milk	Swedish Meatballs Mashed Potatoes Diced Glazed Beets Petite Roll/Marg Mandarin Oranges 1% or Skim Milk	Mild Italian Sausage in Marinara Sauce Pepper & Onion Mix Mixed Greens Salad/Dress PC Hoagie Bun Cinnamon Applesauce 1% or Skim Milk
<b>Monday 5/8/2023</b>	<b>Tuesday 5/9/2023</b>	<b>Wednesday 5/10/2023</b>	<b>Thursday 5/11/2023</b>	<b>Friday 5/12/2023</b>
Baked Ham* with Citrus Glaze Baked Potato/Sour Cream PC Green Peas* Honey Wheat Bread/Marg Fruit Mix 1% or Skim Milk	Oven Fried Chicken Breast* w/ Country Gravy Mashed Potatoes Corn* Vienna Bread Slice/Marg Tropical Fruit Mix 1% or Skim Milk	Sliced Roast Beef & Gravy Garlic Mashed Potatoes Roasted Baby Carrots Heavy Hearth Roll/Marg Decorated Birthday Cake or Plain Cake Square 1% or Skim Milk	Chicken Breast in Supreme Sauce over Brown Rice California Blend Vegetables* WG Breadstick/Marg Choc. Chip Oatmeal Bar or Diet Cookies 1% or Skim Milk	Mother's Day Brunch Western Omelet w/ Ham* Cheese, Peppers & Onion Cheesy Hashbrowns Ambrosia Fruit Salad Orange Juice Blueberry Muffin 1% or Skim Milk
<b>Monday 5/15/2023</b>	<b>Tuesday 5/16/2023</b>	<b>Wednesday 5/17/2023</b>	<b>Thursday 5/18/2023</b>	<b>Friday 5/19/2023</b>
10 Grain Fish Filet* Tartar Sauce PC Au gratin Potatoes Broccoli* WG Dinner Roll/Marg Raspberry Yogurt PC or Diet Pudding 1% or Skim Milk	Turkey Tetrazini with WG Pasta Green Peas* Chuckwagon Corn WG Dinner Roll/Marg Diced Peaches 1% or Skim Milk	Cheeseburger* on WG Hamburger Bun w/ Leaf Lettuce, Sliced Tomato Red Onion & Pickle Slices Coleslaw Jello Cake or Diet Jello-Cake 1% or Skim Milk	Sweet & Sour Chicken Breast Brown Rice Pilaf Oriental Blend Vegetables* Cinnamon Raisin Bread/Marg Pineapple Tidbits 1% or Skim Milk	Pork Chop in Gravy Twice Baked Whipped Potato Green Beans* WG Dinner Roll/Marg Lemon Pudding or Diet Pudding 1% or Skim Milk
<b>Monday 5/22/2023</b>	<b>Tuesday 5/23/2023</b>	<b>Wednesday 5/24/2023</b>	<b>Thursday 5/25/2023</b>	<b>Friday 5/26/2023</b>
Creamed Chicken Gravy over WG Bread Slice Mashed Potatoes Brussels Sprouts* Oatmeal Crème Pie or Diet Cookies 1% or Skim Milk	Ball Park Bratwurst Shredded Kraut & Cabbage Potato Wedges* WG Mini Hoagie Bun Fresh Orange 1% or Skim Milk	Taco Salad Taco Meat*, Shred Cheese, Diced Tomato, Diced Onion over Iceberg Lettuce Black Beans & Tortilla Chips Sour Cream & Taco Sauce PC Classic Fruit Salad 1% or Skim Milk	Ground Beef Stew with Vegetables Chuckwagon Corn* Buttermilk Biscuit/Marg Cinnamon Apples 1% or Skim Milk	Sloppy Joe* Sandwich on WG Hamburger Bun Diced Baby Reds Mixed Vegetables* Sliced Pears 1% or Skim Milk
<b>Monday 5/29/2023</b>	<b>Tuesday 5/30/2023</b>	<b>Wednesday 5/31/2023</b>		
 <b>Senior Centers closed</b>	Meatloaf in Gravy Mashed Potatoes Zucchini & Tomatoes* WG Dinner Roll/Marg Fruit Cocktail 1% or Skim Milk	Creamy Tuna & WG Macaroni Casserole Peas* Glazed Diced Beets WG Dinner Roll/Marg Applesauce 1% or Skim Milk		 * Items to be heated or microwaved at the centers