

# October 2025

EASTERN NEBRASKA  
OFFICE ON AGING

ALL MENUS ARE SUBJECT  
TO CHANGE

## Diet Menu

		Wednesday 10/1/2025	Thursday 10/2/2025	Friday 10/3/2025
		H All Beef Hot Dog H Diced Potatoes H Corn C WG Hot Dog Bun C Slice Peach & Strawberries 1% Milk	H Chicken Breast & Chicken Gravy H Broccoli H Brown Rice Pilaf C Cinn. Raisin Bread/Marg C Fresh Orange 1% Milk	H WG Spaghetti & Meat Sauce H Green Beans H Honey Glazed Pineapple (low sodium) H Applesauce (diabetics) C Mixed Greens Side Salad C Dressing PC C WG Breadstick/Marg 1% Milk
Monday 10/6/2025	Tuesday 10/7/2025	Wednesday 10/8/2025	Thursday 10/9/2025	Friday 10/10/2025
H Chicken Breast w/ Cordon Bleu Sauce H Whipped Potatoes H Corn C WG Dinner Roll/Marg C Diced Peaches 1% Milk	H BBQ Meatballs H Potato Medley H California Blend Veggies C WG Petite Roll/Marg C Fudge Round (low sodium) C Diet Cookie (diabetics) 1% Milk	H Hamburger Patty & Brown Gravy H Mashed Potatoes H Honey Glazed Carrots C WG Dinner Roll/Marg C Plain Cake Square 1% Milk	H Potato Crunch Fish Filet H Garlic & Butter Diced Reds H Country Blend Veggies C Marble Rye Bread/Marg C Fruit Mix C Tartar Sauce PC 1% Milk	<b>World Egg Day</b> H Western Omelet H Potatoes O'Brien H Cinnamon Applesauce C WG Bread Slice/ Marg 1% Milk
Monday 10/13/2025	Tuesday 10/14/2025	Wednesday 10/15/2025	Thursday 10/16/2025	Friday 10/17/2025
H Chicken Breast w/ Country Gravy H Mashed Potatoes H Diced Carrots C WG Dinner Roll/Marg C Fresh Apple 1% Milk	H Cheese Ravioli in Creamy Pesto Sauce H Green Beans H Cinnamon Pears C Mixed Greens Salad C Ranch Dressing PC C Vienna Bread/Marg 1% Milk	<b>National Mushroom Day</b> H Chicken Marsala H Diced Potatoes H Brussels Sprouts C 100% Wheat Bread/Marg C Choc. Chip Cookie (low sodium) C Diet Cookie (diabetic) 1% Milk	H Meatloaf in Brown Gravy H Whipped Potatoes H Mixed Vegetables C Honey Wheat Bread/Marg C Tropical Fruit Mix 1% Milk	<b>National Pasta Day</b> H Beefy Mac Casserole w/ WG Pasta H Corn H Diced Carrots C WG Breadstick/Marg C Fruit Mix 1% Milk
Monday 10/20/2025	Tuesday 10/21/2025	Wednesday 10/22/2025	Thursday 10/23/2025	Friday 10/24/2025
<b>ENOA Staff Retreat</b>  <b>MOW CLOSED</b>  <b>Frozen meals delivered 10/15 by reservation</b>	H Swedish Meatballs H Diced Baby Red Potatoes H Broccoli C WG Dinner Roll/Marg C Sliced Peaches 1% Milk	H BBQ Chicken Breast H Diced Potatoes H Cauliflower C WG Hamburger Bun C Rice Krispy Treat 1% Milk	H 10 Grain Fish Filet H Diced Sweet Potatoes H Chuckwagon Corn C WG Dinner Roll/Marg C Choc. Choc. Chip Muffin C Tartar Sauce PC 1% Milk	H Salisbury Steak & Brown Gravy H Diced Potatoes H Green Beans C WG Dinner Roll/Marg C Applesauce 1% Milk
Monday 10/27/2025	Tuesday 10/28/2025	Wednesday 10/29/2025	Thursday 10/30/2025	Friday 10/31/2025
H Sliced Turkey in Gravy H Mashed Potatoes H Corn C WG Petite Roll/Marg C Oatmeal Cream Pie 1% Milk	<b>National Chocolate Day</b> H Pulled Pork Sandwich H Diced Potatoes H Peppers & Onions C WG Coney Dog C Chocolate Pudding (low sodium) C Diet Pudding (diabetics) 1% Milk	H Meatballs with Brown Gravy H Diced Baby Red Potatoes H Honey Roasted Carrots C WG Dinner Roll/Marg C Fruit Cocktail 1% Milk	H Hamburger Patty H Cheesy Mashed Potatoes H Chuckwagon Corn C WG Hamburger Bun C Strawberries & Mandarin 1% Milk	H Chicken Breast with Chicken Gravy H Diced Sweet Potatoes H Green Beans C WG Breadstick/Marg C Pumpkin Cheesecake Fluff (low sodium) C Diet Pudding (diabetics) 1% Milk