










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

	Tuesday 8/1/2023	Wednesday 8/2/2023	Thursday 8/3/2023	Friday 8/4/2023
	Chicken Piccata Diced Sweet Potatoes Winter Blend Vegetables Marble Bread Slice/Marg Oatmeal Cream Pie or Diet Cookies 1% or Skim Milk	BBQ Pork Rib Patty BBQ Baked Beans Diced Carrots WG Hamburger Bun Applesauce 1% or Skim Milk	 National Watermelon Day Oven Fried Chicken Breast Mashed Potatoes & Gravy Peas WG Dinner Roll/Marg Watermelon Chunks 1% or Skim Milk	 National Chocolate Chip Cookie Day Salisbury Steak & Mushroom Gravy Potato Medley Green Beans WG Breadslice/Marg Chocolate Chip Cookie or Diet Cookies 1% or Skim Milk
Monday 8/7/2023	Tuesday 8/8/2023	Wednesday 8/9/2023	Thursday 8/10/2023	Friday 8/11/2023
Ground Beef Stew with Vegetables Chuckwagon Corn Buttermilk Biscuit/Marg Cinnamon Apples 1% or Skim Milk	National Zucchini Day  Meatloaf in Tomato Gravy Cheesy Whip Potatoes Zucchini & Tomatoes WG Dinner Roll/Marg Cherry Vanilla Yogurt or Diet Pudding 1% or Skim Milk	Cheesy Broccoli Chicken Breast Brown Rice Pilaf Oven Roasted Vegetables WG Dinner Roll/Marg Decorated Birthday Cake or Plain Cake Square 1% or Skim Milk	Potato Crunch Fish Wedge Garlic Roasted Diced 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 Mandarin Oranges 1% or Skim Milk
Monday 8/14/2023	Tuesday 8/15/2023	Wednesday 8/16/2023	Thursday 8/17/2023	Friday 8/18/2023
Pork Fritter with Gravy Baked Potato/Sour Cream PC Broccoli Cuts Vienna Bread Slice/Marg Oreo Cookies or Diet Cookies 1% or Skim Milk	Sliced Turkey & Gravy Mashed Potatoes Corn WG Breadstick/Marg Applesauce 1% or Skim Milk 	 National Bratwurst Day Bratwurst Sauerkraut & Cabbage Diced Beets WG Mini Hoagie Bun Tropical Fruit Mix 1% or Skim Milk	Liver with Onion Gravy Mashed Potatoes Carrot Coins Honey Wheat Bread/Marg Cookie - Reg or Diet 1% or Skim Milk	WG Spaghetti & Meat Sauce Mixed Greens Side Salad Dressing PC Green Beans WG Breadstick/Marg Cinnamon Pears 1% or Skim Milk
Monday 8/21/2023	Tuesday 8/22/2023	Wednesday 8/23/2023	Thursday 8/24/2023	Friday 8/25/2023
10 Grain Fish Potato Medley Diced Carrots WG Dinner Roll/Marg Mandarin Oranges Tartar Sauce PC 1% or Skim Milk	 Eat a Peach Day Sloppy Joe Sandwich Augratin Potatoes Green Beans WG Hamburger Bun Fresh Peach 1% or Skim Milk	Pork Chop with Pineapple Salsa Diced Sweet Potatoes Peas WG Petite Roll/Marg Strawberry Shortcake or Plain Cake Square 1% or Skim Milk	All Beef Chicago Dog Jumbo Frank, Sliced Tomato Pickle Spear, Diced Onion on a WG Hot Dog Bun Potato Wedges Fresh Orange 1% or Skim Milk	Chicken Breast in Supreme Sauce over Brown Rice with Peppers Stewed Tomatoes WG Dinner Roll/Marg Cookie - Reg or Diet 1% or Skim Milk 
Monday 8/28/2023	Tuesday 8/29/2023	Wednesday 8/30/2023	Thursday 8/31/2023	
Pulled Pork Sandwich on Kaiser Bun Scalloped Potatoes Broccoli Sliced Pears 1% or Skim Milk	 Walking Beef Taco Beef Taco Meat Fiesta Cheese Sauce Shredded Lettuce Pinto Beans Sour Cream & Taco Sauce PC WG Doritos PC Strawberries & Pineapple 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	BBQ Meatballs Macaroni & Cheese Mixed Vegetables 100% Wheat Bread/Marg Fruit Cocktail 1% or Skim Milk	

Menus are subject to Change



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