

**Eastern Nebraska Office on Aging
May 2022
Congregate Menus**

Monday 5/2/2022	Tuesday 5/3/2022	Wednesday 5/4/2022	Thursday 5/5/2022	Friday 5/6/2022
Cheesy Chicken Breast Fiesta Rice Fiesta Bean Trio 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* Sour Dough Roll/Marg Fresh Banana 1% or Skim Milk	Swedish Meatballs Scalloped Potatoes Diced Glazed Beets Petite Roll/Marg Mandarin Oranges 1% or Skim Milk	Mother's Day Brunch Western Omelet w/ Ham* Cheese, Peppers & Onion Cheesy Hashbrown Potatoes Cinnamon Applesauce Orange Juice Cinnamon Roll 1% or Skim Milk
Monday 5/9/2022	Tuesday 5/10/2022	Wednesday 5/11/2022	Thursday 5/12/2022	Friday 5/13/2022
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	Cheeseburger* on WG Hamburger Bun w/ Leaf Lettuce, Sliced Tomato Red Onion & Pickle Slices Coleslaw Decorated Birthday Cake or Plain Cake Square 1% or Skim Milk	Lemon Pepper Chicken Breast over Brown Rice Zucchini & Tomatoes* WG Breadstick/Marg Ambrosia Fruit Salad 1% or Skim Milk	Beef Ravioli with Marinara Sauce Romaine Blend Salad/Dress PC Brussels Sprouts* Garlic Bread Chocolate Chip Muffin or Diet Cookies 1% or Skim Milk
Monday 5/16/2022	Tuesday 5/17/2022	Wednesday 5/18/2022	Thursday 5/19/2022	Friday 5/20/2022
10 Grain Fish Filet* Tartar Sauce PC Augratin 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	Sliced Roast Beef & Gravy Mashed Potatoes Roasted Baby Carrots Heavy Hearth Roll/Marg Jello-Cake or Diet Jello-Cake 1% or Skim Milk	Sloppy Joe* Sandwich on WG Hamburger Bun Tater Tots* Mixed Vegetables* Sliced Pears 1% or Skim Milk	Sweet & Sour Chicken Breast Brown Rice Pilaf Oriental Blend Vegetables* Cinnamon Raisin Bread/Marg Pineapple Tidbits 1% or Skim Milk
Monday 5/23/2022	Tuesday 5/24/2022	Wednesday 5/25/2022	Thursday 5/26/2022	Friday 5/27/2022
Creamed Chicken Gravy over WG Bread Slice Mashed Potatoes Brussels Sprouts* Tropical Fruit Mix 1% or Skim Milk	Ball Park Bratwurst* Shredded Sauerkraut Seasoned 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 Cinnamon Apples 1% or Skim Milk	Ground Beef Stew with Vegetables Chuckwagon Corn* Buttermilk Biscuit/Marg Fruit Cobbler or Fruit Mix 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
Monday 5/30/2022	Tuesday 5/31/2022			
 <p>Senior Centers Closed</p>	Creamy Tuna & WG Macaroni Casserole Peas* Glazed Diced Beets WG Dinner Roll/Marg Applesauce 1% or Skim Milk			