

NOVEMBER 2025

EASTERN NEBRASKA
OFFICE ON AGING

ALL MENUS ARE SUBJECT
TO CHANGE

Diet Menu (Low Sodium or Diabetic)

Monday 11/3/2025	Tuesday 11/4/2025	Wednesday 11/5/2025	Thursday 11/6/2025	Friday 11/7/2025
H Chicken Breast w/ Chicken Gravy H Mashed Potatoes H Green Beans C Italian Dinner Roll/Marg C Fudge Round (low sodium) C Diet Cookie (diabetics) 1% Milk	H Meatballs in Marinara Sauce H Peppers & Onions H Diced Potatoes C WG Hot Dog Bun C Sliced Pears 1% Milk	H Taco Joe Sandwich H Fiesta Cheese Sauce H Chuckwagon Corn C Pico De Gallo C WG Hamburger Bun C Pineapple & Strawberries 1% Milk	H BBQ Chicken Breast H Diced Potatoes H Winter Blend Veggies C WG Hamburger Bun C Diced Peaches 1% Milk	H Meatloaf in Tomato Gravy H Mashed Potatoes H Brussels Sprouts C WG Breadstick/Marg C M&M Cookie (low sodium) C Diet Cookie (diabetics) 1% Milk
Monday 11/10/2025	Tuesday 11/11/2025	Wednesday 11/12/2025	Thursday 11/13/2025	Friday 11/14/2025
H WG Cheeseburger Mac H Green Peas H Diced Carrots C WG Breadstick C Fresh Orange 1% Milk	Veteran's Day MOW CLOSED Frozen meal delivered 11/5 by reservation	H Beef Patty in Gravy H Mashed Potatoes H Green Beans C WG Dinner Roll/Marg C Plain Cake Square 1% Milk	H Chicken Breast with Alfredo Sauce H Roasted Baby Reds H Broccoli C WG Dinner Roll/Marg C Sliced Peaches 1% Milk	National Pickle Day H WG Breaded Fish Sand. H Mashed Potatoes H Diced Pears C WG Hamburger Bun C Sliced Pickles C Tartar Sauce PC 1% Milk
Monday 11/17/2025	Tuesday 11/18/2025	Wednesday 11/19/2025	Thursday 11/20/2025	Friday 11/21/2025
H Swedish Meatballs H 1/2 Baked Potato H Green Beans C WG Dinner Roll/Marg C Strawberry Yogurt Cup (low sodium) C Diet Pudding (diabetics) C Sour Cream PC 1% Milk	H Hamburger Patty H Cheesy Hashbrowns H Pineapple Tidbits C Leaf Lett & Slice Tomato C WG Hamburger Bun 1% Milk	H Sweet & Sour Chicken Breast H Brown Rice Pilaf H Broccoli C Cinn. Raisin Bread/Marg C Strawberries & Mandarins (low sodium) C Diced Pears (diabetics) 1% Milk	Peanut Butter Fudge Day H Beef Ravioli & Marinara H Brussels Sprouts H California Blend Veggies C WG Breadstick/Marg C Nutty Buddy Stick 1% Milk	National Stuffing Day H Baked Ham H Corn H Cauliflower C WG Dinner Roll/Marg C Fresh Apple 1% Milk
Monday 11/24/2025	Tuesday 11/25/2025	Wednesday 11/26/2025	Thursday 11/27/2025	Friday 11/28/2025
H 10 Grain Fish Filet H Diced Sweet Potatoes H Chuckwagon Corn C WG Dinner Roll/Marg C Sliced Peaches C Tartar Sauce PC 1% Milk	H BBQ Pulled Chicken H Diced Baby Reds H Green Peas C WG Hamburger Bun C Fresh Orange 1% Milk	H Turkey Breast & Gravy H Whipped Potatoes H Green Bean Casserole C WG Dinner Roll/Marg C Pumpkin Dessert 1% Milk	Thanksgiving Day MOW CLOSED Meal by reservation	Thanksgiving Observance MOW CLOSED Boxed meal delivered 11/26 by reservation

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

****Please call our office at 402-444-6766 by 9am to cancel your meal for the day!**