

EASTERN NEBRASKA OFFICE ON AGING

OCTOBER

CONG MEAL

	Tuesday 10/1/2024	Wednesday 10/2/2024	Thursday 10/3/2024	Friday 10/4/2024
	Homemade Cookies Day Chunky Chicken Pot Pie over Mashed Potatoes Winter Blend Vegetables Mini Buttermilk Biscuit Chocolate Chip Cookie or Diet Cookies 1% or Skim Milk	All Beef Chili Dog with Shredded Cheese on WG Hot Dog Bun Diced Potatoes Corn Sliced Peaches & Strawberries 1% or Skim Milk	Sweet & Sour Chicken Breast Broccoli Cuts Peas & Carrots Cinnamon Raisin Bread/Marg Pineapple Tidbits Fortune Cookie 1% Milk or Skim Milk	National Taco Day Beef Taco Meat & Shred Chz Shred Lettuce & Diced Tomato Pinto Beans 8" Flour Tortilla Shell Taco Sauce PC Fresh Orange 1% or Skim Milk
Monday 10/7/2024	Tuesday 10/8/2024	Wednesday 10/9/2024	Thursday 10/10/2024	Friday 10/11/2024
Chicken Breast w/ Swiss Mornay Sauce Whipped Potatoes Diced Beets WG Dinner Roll/Marg Diced Peaches 1% or Skim Milk	BBQ Meatballs Potato Medley California Blend Vegetables WG Petite Roll/Marg Fudge Round or Diet Cookies 1% or Skim Milk	Sliced Roast Beef & Gravy Mashed Potatoes Honey Glazed Carrots WG Dinner Roll/Marg Decorated Birthday Cake or Plain Cake Square 1% or Skim Milk	Seafood Chowder Garlic & Butter Diced Reds Country Blend Vegetables Marble Rye Bread/Marg Fruit Mix 1% or Skim Milk	World Egg Day Western Omelet in Cheese Sauce Potatoes O'Brien Blueberry Muffin Cinnamon Applesauce 1% or Skim Milk
Monday 10/14/2024	Tuesday 10/15/2024	Wednesday 10/16/2024	Thursday 10/17/2024	Friday 10/18/2024
Oven Fried Chicken Breast with Country Gravy Mashed Potatoes Diced Carrots WG Dinner Roll/Marg Fresh Apple 1% or Skim Milk	Hamburger Patty with Garlic Mushroom Gravy Scalloped Potatoes Peas 100% Whole Wheat Bread/Marg Mandarin Oranges 1% or Skim Milk	Potato Crunch Fish Filet Diced Sweet Potatoes Chuckwagon Corn WG Dinner Roll/Marg Choc. Chocolate Chip Muffin Tartar Sauce PC 1% or Skim Milk	National Pasta Day Sausage & Penne in Tomato Cream Sauce Green Beans Zucchini & Tomatoes WG Breadstick/Marg Apricot Halves 1% or Skim Milk	Meatloaf Appreciation Day Meatloaf with Brown Gravy Whipped Potatoes Peas & Pearl Onions Honey Wheat Bread/Marg Tropical Fruit Mix 1% or Skim Milk
Monday 10/21/2024	Tuesday 10/22/2024	Wednesday 10/23/2024	Thursday 10/24/2024	Friday 10/25/2024
Chicken Fried Steak & Gravy Garlic Mashed Potatoes Country Blend Vegetables Vienna Bread Slice/Marg Fresh Pear 1% or Skim Milk	Swedish Meatballs Diced Baby Red Potatoes Stewed Tomatoes WG Dinner Roll/Marg Sliced Peaches 1% or Skim Milk	BBQ Chicken Breast on WG Hamburger Bun BBQ Baked Beans Cauliflower Rice Krispy Treat or Diet Cookies 1% or Skim Milk	Cheese Ravioli in Creamy Pesto Sauce Peas Mixed Greens Salad/Dress Vienna Bread Slice/Marg Cinnamon Pears 1% or Skim Milk	Salisbury Steak with Brown Gravy Ranch Whipped Potatoes Green Beans WG Dinner Roll/Marg Applesauce 1% or Skim Milk
Monday 10/28/2024	Tuesday 10/29/2024	Wednesday 10/30/2024	Thursday 10/31/2024	
National Chocolate Day Chicken Lo Mein with WG Spaghetti Pasta Broccoli Cuts Diced Carrots WG Breadstick/Marg Choc. Pudding or Diet 1% or Skim Milk	National Oatmeal Day Sliced Turkey with Gravy Mashed Potatoes Cornbread Stuffing WG Petite Roll/Marg Oatmeal Cream Pie or Diet Cookies 1% or Skim Milk	Pot Roast with Brown Gravy Diced Baby Red Potatoes Honey Roasted Baby Carrots WG Dinner Roll/Marg Fruit Cocktail 1% or Skim Milk	Cheeseburger on WG Hamburger Bun American Cheese Slice w/ Lettuce, Tomato, Onion & Sliced Pickles Steakhouse Potato Salad Pumpkin Fluff 1% or Skim Milk	