

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

Monday	Tuesday 11/1/2022	Wednesday 11/2/2022	Thursday 11/3/2022	Friday 11/4/2022
	Potato Crunch Fish Filet* Baked Sweet Potato Zucchini & Tomatoes* WG Petite Roll/Marg Tropical Fruit Mix 1% or Skim Milk	Beef Ravioli in Marinara Sauce Mixed Greens Salad/Dress Brussel Sprouts* WG Breadstick/Marg Blueberry Muffin 1% or Skim Milk	Meatloaf & Gravy Roasted Whole Baby Reds Peas* Cornbread Muffin/Marg Honey PC Pear Slices 1% or Skim Milk	Sweet & Sour Chicken Breast Oriental Blend Vegetables* Rice Pilaf Fortune Cookie Cinnamon Raisin Bread/Marg Pineapple Tidbits 1% or Skim Milk
Monday 11/7/2022	Tuesday 11/8/2022	Wednesday 11/9/2022	Thursday 11/10/2022	Friday 11/11/2022
All Beef Chili Dog w/ Cheese on WG Hot Dog Bun Seasoned Potato Wedges* Corn* Pineapple & Strawberries 1% or Skim Milk	Baked Ham* Broccoli Rice Casserole Honey Glazed Carrots WG Dinner Roll/Marg Fruit Cocktail 1% or Skim Milk	Oven Fried Chicken Breast* Whipped Potatoes with Chicken Gravy Green Beans* Italian Dinner Roll/Marg Decorated Birthday Cake or Plain Cake Square 1% or Skim Milk	BBQ Ribbette Patty on WG Hamburger Bun BBQ Baked Beans Cauliflower* Diced Peaches 1% or Skim Milk	 Senior Centers Closed
Monday 11/14/2022	Tuesday 11/15/2022	Wednesday 11/16/2022	Thursday 11/17/2022	Friday 11/18/2022
Hamburger Patty with Garlic Mushroom Gravy Scalloped Potatoes Brussels Sprouts* Wheatberry Roll/Marg Mandarin Oranges 1% or Skim Milk	Sliced Roast Beef & Gravy Whipped Potatoes Green Peas * Rye Bread/Marg Butterscotch Pudding or Diet Pudding 1% or Skim Milk	Seafood Chowder Garlic & Butter Diced Reds California Blend Vegetables* WG Dinner Roll/Marg Ambrosia Salad 1% or Skim Milk	Chicken Breast & Chicken Gravy Potato Medley Green Beans* Heavy Hearth Roll/Marg Diced Pears 1% or Skim Milk	Beef & Three Bean Chili Carrot Coins* Cornbread/Marg Honey PC Fruit Mix 1% or Skim Milk
Monday 11/21/2022	Tuesday 11/22/2022	Wednesday 11/23/2022	Thursday 11/24/2022	Friday 11/25/2022
Taco Joe* Sandwich with Shredded Lettuce & Shredded Cheese on WG Hamburger Bun Au gratin Potatoes Winter Blend* Pear Slices 1% or Skim Milk	Swedish Meatballs Baked Potato/Sour Cream Stewed Tomatoes Sour Dough Roll/Marg Strawberry Yogurt Cup or Diet Pudding 1% or Skim Milk	Turkey Breast with Gravy Cornbread Dressing Whipped Potatoes Green Bean Casserole Cranberry Sauce Garnish WG Petite Roll/Marg Pumpkin Pie & Whip Topping or Diet Pudding 1% or Skim Milk	 Senior Centers Closed	Senior Centers Closed
Monday 11/28/2022	Tuesday 11/29/2022	Wednesday 11/30/2022		
10 Grain Fish Filet* Diced Sweet Potatoes Cauliflower* Wheatberry Roll/Marg Sliced Peaches Tartar Sauce PC 1% or Skim Milk	BBQ Chicken Breast on a Bun Seasoned Potato Wedges* Green Peas* Orange 1% or Skim Milk	Ham & Beans Broccoli* Mixed Greens/Dressing Cornbread/Margarine Honey PC Pineapple 1% or Skim Milk		* Items to be heated or microwaved at the centers