

**Eastern Nebraska Office on Aging
Meals on Wheels Menus
March 2023**

		Wednesday 3/1/2023	Thursday 3/2/2023	Friday 3/3/2023
		Meatballs with Onion Gravy Whipped Potatoes Country Blend Vegetables Honey Wheat Bread/Marg Apricot Halves 1% Milk	Ham & Scalloped Potatoes Winter Blend Vegetables Cinnamon Apple Slices WG Dinner Roll/Marg 1% Milk	Breaded Fish Sandwich Potato Medley Carrot Coins WG Hamburger Bun Lettuce & Tomato Diet Fruited Gelatin Tartar Sauce PC 1% Milk
Monday 3/6/2023	Tuesday 3/7/2023	Wednesday 3/8/2023	Thursday 3/9/2023	Friday 3/10/2023
California Cheesy Chicken & Brown Rice Casserole Zucchini & Tomatoes Diced Pears WG Dinner Roll/Marg 1% Milk	Hamburger Patty Potato Wedges Diced Carrots Leaf Lettuce & Tomato Wheat Hamburger Bun Chocolate Chip Muffin 1% Milk	Turkey Breast & Gravy Potato Medley Green Beans WG Dinner Roll/Marg Plain Cake Square 1% Milk	Meatloaf & Gravy Twice Baked Whip Potato Mixed Vegetables WG Bread Slice/Marg Cherry Vanilla Yogurt PC 1% Milk	Potato Crunch Fish Filet Diced Sweet Potatoes Spring Blend Veggies Heavy Hearth Roll/Marg Applesauce Tartar Sauce PC 1% Milk
Monday 3/13/2023	Tuesday 3/14/2023	Wednesday 3/15/2023	Thursday 3/16/2023	Friday 3/17/2023
Swedish Meatballs Potato Medley Oven Roasted Vegetables WG Breadstick/Marg Diced Peaches 1% Milk	Taco Joe Sandwich Fiesta Corn Potato Wedges WG Hamburger Bun Pineapple Tidbits 1% Milk	Pork Fritter & Gravy Mashed Potatoes Brussels Sprouts WG Dinner Roll/Marg Classic Fruit Salad 1% Milk	Chicken Breast/Gravy Brown Rice Pilaf California Mix Vegetables Italian Roll/Marg Fruit Cocktail	Macaroni & Cheese Peas Carrots Coins Rye Bread/Margarine Emerald Pudding 1% Milk
Monday 3/20/2023	Tuesday 3/21/2023	Wednesday 3/22/2023	Thursday 3/23/2023	Friday 3/24/2023
Ham & Northern Beans Roasted Baby Carrots Cinnamon Applesauce WG Dinner Roll/Marg 1% Milk	Chicken Breast with Supreme Sauce Garlic Whip Potatoes Green Beans Marble Rye Bread/Marg Oatmeal Raisin Cookie 1% Milk	BBQ Meatballs Cauliflower Diced Sweet Potatoes Cinn. Raisin Bread/Marg Diced Pears 1% Milk	Pizza Joe Sandwich Seasoned Potato Wedges Italian Blend Veggies WG Hamburger Bun Pineapple Tidbits 1% Milk	Cheese Ravioli with Marinara Sauce Broccoli Diced Carrots WG Breadstick/Marg Peach Slices 1% Milk
Monday 3/27/2023	Tuesday 3/28/2023	Wednesday 3/29/2023	Thursday 3/30/2023	Friday 3/31/2023
Hawaiian BBQ Chicken Brown Rice Pilaf Winter Blend WG Bread/Marg Fruit Mix 1% Milk	Sliced Roast Beef/Gravy Mashed Potatoes Glazed Diced Beets Vienna Bread/Marg Chocolate Brownie 1% Milk	Roasted Pork Chop with Apple Chutney 1/2 Baked Potato Green Beans WG Dinner Roll/Marg Diet Strawberry Jello Cake Sour Cream PC 1% Milk	Beefy Mac Casserole with Cavatappi Noodles Corn Capri Blend Veggies 100% Wheat Bread/Marg Mandarin Oranges 1% Milk	Baked Cod Loin in Citrus Cream Sauce Diced Sweet Potatoes Green Peas Pumpnickel Bread/Marg Fruit Cocktail 1% Milk

