


**Eastern Nebraska Office on Aging
Grab and Go Meals**

November 2023

HDM	HDM	HDM	HDM	HDM
Monday	Tuesday	Wednesday	Thursday	Friday
11/6/2023	11/7/2023	11/8/2023	11/9/2023	11/10/2023
		H Beef Ravioli in Marinara Sauce H Green & Gold Beans H Broccoli C WG Breadstick/Marg C Mandarin Oranges 1% Milk	National Deviled Egg Day H All Beef Hot Dog H Chili Topping H Peas & Carrots C Deviled Egg Potato Salad C WG Hot Dog Bun C Pineapple Tidbits 1% Milk	National Sandwich Day H BBQ Chicken Breast H Potato Wedges H Corn C Kaiser Bun C Fruit Mix 1% Milk
Monday 11/6/2023	Tuesday 11/7/2023	Wednesday 11/8/2023	Thursday 11/9/2023	Friday 11/10/2023
National Nachos Day H Beef Taco Meat H Fiesta Cheese Sauce H Chuckwagon Corn C Fiesta Bean Salad C Nacho Chz Doritos PC C Pineapple & Strawberries 1% Milk	H Baked Ham H Broccoli Rice Casserole H Honey Glazed Carrots C WG Dinner Roll/Marg C Fruit Cocktail 1% Milk	H Oven Fried Chicken Breast H Whipped Potatoes with Chicken Gravy H Green Beans C Italian Dinner Roll/Marg C Oatmeal Cream Pie 1% Milk	H BBQ Ribette Patty H BBQ Baked Beans H Winter Blend Veggies C WG Hamburger Bun C Diced Peaches 1% Milk	Veteran's Day Centers Closed No Meals Today
Monday 11/13/2023	Tuesday 11/14/2023	Wednesday 11/15/2023	Thursday 11/16/2023	Friday 11/17/2023
H Meatloaf in Garlic Mushroom Gravy H Scalloped Potatoes H Diced Beets C WG Breadstick/Marg C Mandarin Oranges 1% Milk	National Pickle Day H Hamburger Patty H Potato Wedges H Applesauce C Slice Tomato & Pickles C WG Hamburger Bun 1% Milk	H Seafood Chowder H Garlic & Butter Diced Reds H Country Blend Veggies C WG Dinner Roll/Marg C Ambrosia Salad 1% Milk	H Chicken Breast & Chicken Gravy H Potato Medley H Green Beans C Heavy Hearth Roll/Marg C Sliced Pears 1% Milk	H Beef & 3 Bean Chili H Cauliflower H Bread Pudding C WG Breadstick/Marg 1% Milk
Monday 11/20/2023	Tuesday 11/21/2023	Wednesday 11/22/2023	Thursday 11/23/2023	Friday 11/24/2023
H Taco Joe Sandwich H Au gratin Potatoes H Broccoli C WG Hamburger Bun C Pineapple Tidbits 1% Milk	H Swedish Meatballs H 1/2 Baked Potato H Stewed Tomatoes C Sour Dough Roll/Marg C Strawberry Yogurt Cup C Sour Cream PC 1% Milk	H Turkey Breast & Gravy over Cornbread Dressing H Whipped Potatoes H Green Bean Casserole C WG Dinner Roll/Marg C Pumpkin Dessert 1% Milk	Thanksgiving Day No Meals	Thanksgiving Observance
Monday 11/27/2023	Tuesday 11/28/2023	Wednesday 11/29/2023	Thursday 11/30/2023	
H 10 Grain Fish Filet H Diced Sweet Potatoes H Chuckwagon Corn C Wheatberry Roll/Marg C Sliced Peaches C Tartar Sauce PC 1% Milk	H Pulled Pork Sandwich H Diced Baby Reds H Green Peas C WG Hamburger Bun C Fresh Orange 1% Milk	H Ham & Beans H Country Blend Veggies H Strawberry Shortcake Muffin C Mixed Greens Side Salad C Dressing PC C WG Dinner Roll/Marg 1% Milk	H Italian Meatballs in Marinara Sauce H Potato Medley H Green Beans C WG Breadstick/Marg C Chocolate Pudding 1% Milk	