



**Eastern Nebraska Office on Aging  
Congregate Meals  
June 2023**

 <p>* Items to be heated or microwaved at the centers</p>		<p align="center"><b>Thursday 6/1/2023</b></p> <p>BBQ Pork Rib Patty BBQ Baked Beans Diced Carrots* WG Coney Bun Peaches &amp; Strawberries 1% or Skim Milk</p>	<p align="center"><b>Friday 6/2/2023</b></p> <p>Cheesy Chicken Breast Fiesta Rice Brussel Sprouts* WG Breadstick/Marg Oatmeal Cream Pie or Diet Cookies 1% or Skim Milk</p>	
<p align="center"><b>Monday 6/5/2023</b></p> <p>Baked Cod Loin in Pesto Cream Sauce Baked Sweet Potato Green Peas* Marble Bread/Marg Chocolate Pudding or Diet Pudding 1% or Skim Milk</p>	<p align="center"><b>Tuesday 6/6/2023</b></p> <p>Country Fried Steak* w/ Brown Gravy Mashed Potatoes Green Beans* Vienna Bread Slice/Marg Diced Peaches 1% or Skim Milk</p>	<p align="center"><b>Wednesday 6/7/2023</b></p> <p>Meatball Stroganoff w/ Egg Noodles Carrot Coins* Mixed Greens/Dressing PC Petite Roll/Marg Cinnamon Applesauce 1% or Skim Milk</p>	<p align="center"><b>Thursday 6/8/2023</b></p> <p>All Beef Chili Dog w/ Shredded Cheese Diced Baby Red Potatoes Cauliflower* WG Hot Dog Bun Tropical Fruit 1% or Skim Milk</p>	<p align="center"><b>Friday 6/9/2023</b></p> <p>Ham &amp; Au gratin Potatoes Broccoli* WG Dinner Roll/Marg Pear Slices 1% or Skim Milk</p>
<p align="center"><b>Monday 6/12/2023</b></p> <p>Sweet &amp; Sour Chicken Breast Brown Rice Pilaf Cabbage &amp; Carrots Cinnamon Raisin Bread/Marg Mandarin Oranges 1% or Skim Milk</p>	<p align="center"><b>Tuesday 6/13/2023</b></p> <p>Taco Salad Taco Meat*, Shred Cheese, Diced Tomato, Diced Onion over Iceberg Lettuce Black Beans &amp; Tortilla Chips Glazed Pineapple or Tidbits Sour Cream &amp; Taco Sauce PC 1% or Skim Milk</p>	<p align="center"><b>Wednesday 6/14/2023</b></p> <p>Sliced Roast Beef in Brown Gravy Garlic Mashed Potatoes Mixed Vegetables* WG Dinner Roll/Marg Decorated Birthday Cake or Plain Cake Square 1% or Skim Milk</p>	<p align="center"><b>Thursday 6/15/2023</b></p> <p>Pork Chop in Gravy Twice Baked Whipped Potato Chuckwagon Corn* WG Dinner Roll/Marg Banana Pudding or Diet Pudding 1% or Skim Milk</p>	<p align="center"><b>Friday 6/16/2023</b></p> <p>Cheeseburger* on WG Hamburger Bun w/ Leaf Lettuce, Sliced Tomato Red Onion &amp; Pickle Slices Potato Medley Rice Krispie Bar or Diet Cookies 1% or Skim Milk</p>
<p align="center"><b>Monday 6/19/2023</b></p> <p>10 Grain Fish Filet* Stewed Tomatoes Cheesy Hashbrowns Marble Rye/Marg Fresh Orange Tartar Sauce PC 1% or Skim Milk</p>	<p align="center"><b>Tuesday 6/20/2023</b></p> <p>Chicken Breast in Supreme Sauce over White Citrus Rice California Blend Vegetables* WG Breadstick/Marg Ambrosia Fruit Salad 1% or Skim Milk</p>	<p align="center"><b>Wednesday 6/21/2023</b></p> <p>Baked Ham* Twice Baked Mashed Potatoes Broccoli* WG Dinner Roll/Marg Fruit Mix 1% or Skim Milk</p>	<p align="center"><b>Thursday 6/22/2023</b></p> <p>Sloppy Joe* Sandwich on WG Hamburger Bun Tater Tots* Mixed Vegetables* Tropical Fruit Mix 1% or Skim Milk</p>	<p align="center"><b>Friday 6/23/2023</b></p> <p>Turkey Tetrazini with WG Pasta Green Peas Cauliflower* WG Breadstick/Marg Chocolate Chip Muffin or Fig Newtons 1% or Skim Milk</p>
<p align="center"><b>Monday 6/26/2023</b></p> <p>Ground Beef Stew with Vegetables Chuckwagon Corn* Buttermilk Biscuit/Marg Pineapple Tidbits 1% or Skim Milk</p>	<p align="center"><b>Tuesday 6/27/2023</b></p> <p>Italian Seafood Pasta w/ Creamy White Sauce Mixed Greens Salad/DressPC Spring Blend Vegetables* WG Breadstick/Marg Diced Pears 1% or Skim Milk</p>	<p align="center"><b>Wednesday 6/28/2023</b></p> <p>Mild Italian Sausage in Marinara Sauce Pepper &amp; Onion Mix Seasoned Potato Wedges* Hoagie Bun Cinnamon Apples 1% or Skim Milk</p>	<p align="center"><b>Thursday 6/29/2023</b></p> <p>Breaded Pork Fritter*/Gravy Mashed Potatoes Peas &amp; Carrots* WG Dinner Roll/Marg Ambrosia 1% or Skim Milk</p>	<p align="center"><b>Friday 6/30/2023</b></p> <p>BBQ Chicken Breast BBQ Baked Beans Potato Medley WG Breadstick/Marg Sugar Cookie or Diet Cookies 1% or Skim Milk</p>