

# MOW MARCH 2026 DIET MENU

Eastern Nebraska Office on Aging

Monday 3/2/2026	Tuesday 3/3/2026	Wednesday 3/4/2026	Thursday 3/5/2026	Friday 3/6/2026
H Chicken Breast/Gravy H Spanish Rice H Mixed Vegetables C WG Tostitos Scoops PC C Diced Pears 1% Milk	H Hamburger Patty H Potato Medley H Green Beans C Leaf Lettuce & Tomato C Wheat Hamburger Bun C Blueberry Muffin 1% Milk	H BBQ Pork Rib Sandwich H Diced Sweet Potatoes H California Blend Veggies C WG Hot Dog Bun C Fruit Cocktail 1% Milk	H Meatloaf & Gravy H Twice Baked Whip Potato H Country Blend Vegetables C WG Bread Slice/Marg C Cherry Vanilla Yogurt PC 1% Milk	H Potato Crunch Fish Filet H Diced Potatoes H Broccoli Cuts C WG Petite Roll/Marg C Oreo Cookie C Tartar Sauce PC 1% Milk
Monday 3/9/2026	Tuesday 3/10/2026	Wednesday 3/11/2026	Thursday 3/12/2026	Friday 3/13/2026
H Swedish Meatballs H Mashed Potatoes H Green Beans C WG Breadstick/Marg C Diced Peaches 1% Milk	H Cheesy Joe Sandwich H Fiesta Corn H Fiesta Bean Trio C WG Hamburger Bun C Mandarin Oranges 1% Milk	H Hamburger Patty with Country Gravy H Mashed Potatoes H Brussels Sprouts C WG Dinner Roll/Marg C Plain Cake Square 1% Milk	H Chicken Breast with Chicken Gravy H Broccoli H Mixed Vegetables C Italian Roll/Marg C Fruit Cocktail 1% Milk	H Breaded Fish Sandwich H Corn H Winter Blend Vegetables C WG Hamburger Bun C Fudge Round or Diet Cookie for Diabetics C Tartar Sauce PC 1% Milk
Monday 3/16/2026	Tuesday 3/17/2026	Wednesday 3/18/2026	Thursday 3/19/2026	Friday 3/20/2026
H Beefy Mac Casserole with WG Elbow Noodles H Corn H Green Peas C WG Dinner Roll/Marg C Fruit Mix 1% Milk	<b>Happy St. Patrick's Day!</b> H Corned Beef H Cabbage & Carrots H Roasted Baby Red Wedges C Rye Bread/Marg C Diet Pudding 1% Milk	H Italian Sausage in Marinara H Garlic Mashed Potatoes H Peppers & Onions C WG Hot Dog Bun C Apricot Halves 1% Milk	H Salisbury Steak & Gravy H Diced Sweet Potatoes H Brussels Sprouts C WG Dinner Roll/Marg C Diced Pears 1% Milk	H Bean & Cheese Burrito in Cheese Sauce H Fiesta Rice H Mixed Vegetables C Strawberries & Peaches C WG Breadstick/Marg 1% Milk
Monday 3/23/2026	Tuesday 3/24/2026	Wednesday 3/25/2026	Thursday 3/26/2026	Friday 3/27/2026
H Sloppy Joe Sandwich H Diced Potatoes H Broccoli C WG Hamburger Bun C Oatmeal Cream Pie 1% Milk	H Hamburger Patty/Gravy H Mashed Potatoes H Honey Glazed Baby Carrots C Vienna Bread/Marg C M&M Cookie or Diet Cookie for Diabetics 1% Milk	H Oven Fried Chicken Breast H Diced Sweet Potatoes H California Blend Veggies C WG Dinner Roll/Marg C Sliced Peaches 1% Milk	H Grilled Chicken Sandwich H BBQ Baked Beans H Mashed Potatoes C Lettuce & Tomato C WG Hamburger Bun C Mandarin Oranges 1% Milk	H Seafood Chowder H Brown Rice Pilaf H Winter Blend Vegetables C WG Breadstick/Marg C Fruit Cocktail 1% Milk
Monday 3/30/2026	Tuesday 3/31/2026	<b>Please call our office by 9am to cancel your meal for the day!</b>		
H All Beef Hot Dog H Ranch Whip Potatoes H Mixed Vegetables C Strawberries & Pineapple C WG Hot Dog Bun 1% Milk	H Western Omelet in Cheese Sauce H Diced Potatoes H Peppers & Onions C WG Blueberry Muffin 1% Milk			

These meals may contain the following allergens: Peanut, Tree Nuts, Seafood, Shellfish, Soy, Eggs, Milk, Wheat, and Sesame Seeds