

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

<b>Monday 1/2/2023</b>	<b>Tuesday 1/3/2023</b>	<b>Wednesday 1/4/2023</b>	<b>Thursday 1/5/2023</b>	<b>Friday 1/6/2023</b>
 <b>Meals by Reservation Only</b>	Beefy Mac Casserole with Cavatappi Noodles Corn Capri Blend Veggies 100% Wheat Bread/Marg Mandarin Oranges 1% Milk	Roasted Pork Chop with Apple Chutney Mashed Potatoes H Green Peas WG Dinner Roll/Marg Sugar Cookie 1% Milk	Potato Crunch Fish Filet Green Beans Oven Roasted Baby Reds Italian Roll/Marg Fruit Cocktail Tartar Sauce PC 1% Milk	Pizza Joe Sandwich Seasoned Potato Wedges Italian Blend Veggies WG Hamburger Bun Diced Pears 1% Milk
<b>Monday 1/9/2023</b>	<b>Tuesday 1/10/2023</b>	<b>Wednesday 1/11/2023</b>	<b>Thursday 1/12/2023</b>	<b>Friday 1/13/2023</b>
Beef Stew w/ Potatoes, Carrots & Peas Chuckwagon Corn Glazed Pineapple Mixed Greens Side Salad Mini Buttermilk Biscuit Dressing PC 1% Milk	Breaded Chicken Patty Twice Baked Whip Potato Mixed Vegetables WG Hamburger Bun Cherry Vanilla Yogurt PC 1% Milk	Italian Meatballs 1/2 Baked Potato Brussels Sprouts WG Breadstick/Marg Plain Cake Square Sour Cream PC 1% Milk	Pork Fritter & Gravy Mashed Potatoes Peas & Carrots Marble Bread/Marg Ambrosia Salad 1% Milk	Breaded Fish Wedge Diced Sweet Potatoes Zucchini & Tomatoes Pumpnickel Bread/Marg Tartar Sauce PC Apricot Halves 1% Milk
<b>Monday 1/16/2023</b>	<b>Tuesday 1/17/2023</b>	<b>Wednesday 1/18/2023</b>	<b>Thursday 1/19/2023</b>	<b>Friday 1/20/2023</b>
 <b>Meals by Reservation Only</b>	Ham & Scalloped Potato Broccoli Pear Slices WG Dinner Roll/Marg 1% Milk	Taco Joe Sandwich Fiesta Corn Potato Wedges WG Hamburger Bun Applesauce 1% Milk	Turkey Breast & Gravy Potato Medley Green Beans WG Dinner Roll/Marg Oatmeal Raisin Cookie 1% Milk	Salisbury Steak with Onion Gravy Whipped Potatoes Country Blend Veggies Breadstick/Marg Diet Strawberry Jello Cake 1% Milk
<b>Monday 1/23/2023</b>	<b>Tuesday 1/24/2023</b>	<b>Wednesday 1/25/2023</b>	<b>Thursday 1/26/2023</b>	<b>Friday 1/27/2023</b>
Sweet & Sour Meatballs Oriental Blend Veggies Oven Roasted Baby Reds Cinn. Raisin Bread/Marg Fresh Orange 1% Milk	Sliced Roast Beef/Gravy Garlic Mashed Potatoes Glazed Diced Beets Vienna Bread/Marg Lemon Pudding 1% Milk	Creamed Chicken Gravy Mashed Potatoes Glazed Pineapple Mixed Greens Side Salad Dressing PC Blueberry Muffin 1% Milk	Ham & Northern Beans Winter Mix Vegetables Cinnamon Apple Slices Cornbread/Marg 1% Milk	Hamburger Patty Chuckwagon Corn Green Beans Leaf Lettuce & Tomato Wheat Hamburger Bun Fudge Round 1% Milk
<b>Monday 1/30/2023</b>	<b>Tuesday 1/31/2023</b>			
California Cheesy Chicken & Brown Rice Casserole Zucchini & Tomatoes Sliced Peaches WG Dinner Roll/Marg 1% Milk	Beef & Bean Chili 1/2 Baked Potato Corn Bread Stick/Margarine Fruit Cocktail 1% Milk			

Final 11/18/2022

Menus Subject to Change