




**Eastern Nebraska Office on Aging
Meals on Wheels
September 2022**

		<p align="center">Thursday 9/1/2022</p> <p>BBQ Meatballs Macaroni & Cheese Mixed Vegetables 100% Wheat Bread/Marg Fruit Cocktail 1% Milk</p>	<p align="center">Friday 9/2/2022</p> <p>Grilled Chicken Sandwich BBQ Baked Beans Potato Wedges WG Hamburger Bun Mandarin Oranges 1% Milk</p>	
<p align="center">Monday 9/5/2022</p>	<p align="center">Tuesday 9/6/2022</p>	<p align="center">Wednesday 9/7/2022</p>	<p align="center">Thursday 9/8/2022</p>	<p align="center">Friday 9/9/2022</p>
 <p align="center">Holiday Meals by reservation only</p>	<p>Potato Crusted Fish Chuckwagon Corn Potato Medley Petite Roll/Marg Vanilla Pudding Tartar Sauce 1% Milk</p>	<p>Oven Fried Chicken Breast Mashed Potatoes & Gravy Green Beans WG Dinner Roll/Marg Fresh Orange 1% Milk</p>	<p>Hamburger Patty BBQ Baked Beans Broccoli Lettuce & Tomato Sugar Cookie 1% Milk</p>	<p>WG Spaghetti & Meat Sauce Italian Blend Veggies Applesauce Mixed Greens Side Salad WG Breadstick/Marg Dressing PC 1% Milk</p>
<p align="center">Monday 9/12/2022</p>	<p align="center">Tuesday 9/13/2022</p>	<p align="center">Wednesday 9/14/2022</p>	<p align="center">Thursday 9/15/2022</p>	<p align="center">Friday 9/16/2022</p>
<p>Sliced Roast Beef & Gravy Mashed Potatoes Diced Beets WG Bread Slice/Marg Chocolate Chip Cookie 1% Milk</p>	<p>All Beef Jumbo Frank Potato Wedges Diced Carrots WG Hot Dog Bun Mandarin Oranges 1% or Skim Milk</p>	<p>Pork Chop & Gravy 1/2 Baked Potato Green Peas WG Dinner Roll/Marg Plain Cake Square Sour Cream PC 1% Milk</p>	<p>Cheesy Broccoli Chicken Breast Brown Rice Pilaf Honey Roasted Baby Carrots WG Bread Stick/Marg Pineapple 1% Milk</p>	<p>Breaded Fish Sandwich Garlic Roasted Diced Reds Brussels Sprouts WG Bun Tartar Sauce PC Fudge Round 1% Milk</p>
<p align="center">Monday 9/19/2022</p>	<p align="center">Tuesday 9/20/2022</p>	<p align="center">Wednesday 9/21/2022</p>	<p align="center">Thursday 9/22/2022</p>	<p align="center">Friday 9/23/2022</p>
<p>BBQ Pork Sandwich Scalloped Potatoes Broccoli WG Wheat Bun Diced Pears 1% Milk</p>	<p>Chicken Marsala Diced Sweet Potatoes Zucchini & Tomatoes Honey Wheat Bread/Marg Ambrosia 1% Milk</p>	<p>Taco Meat Potato Wedges Fiesta Corn Cheese, Tomato, Lettuce 8" Flour Tortilla Peaches & Strawberries Taco Sauce PC 1% Milk</p>	<p>10 Grain Fish Twice Baked Mash Potatoes Green Beans WG Dinner Roll/Marg Apricot Halves Tartar Sauce PC 1% Milk</p>	<p>Salisbury Steak in Gravy Cheesy Hashbrowns Cauliflower WG Bread Slice/Marg Cherry Vanilla Yogurt PC 1% Milk</p>
<p align="center">Monday 9/26/2022</p>	<p align="center">Tuesday 9/27/2022</p>	<p align="center">Wednesday 9/28/2022</p>	<p align="center">Thursday 9/29/2022</p>	<p align="center">Friday 9/30/2022</p>
<p>Sliced Turkey & Gravy Mashed Potatoes Broccoli Heavy Hearth/Marg Pineapple Tidbits 1% Milk</p>	<p>Meatloaf with Tomato Gravy 1/2 Baked Potato Mixed Vegetables 100% Wheat Bread/Marg Oreo Cookies Sour Cream PC 1% Milk</p>	<p>Cheeseburger Macaroni with WG Elbow Noodles Broccoli Mediterranean Veggies WG Breadstick/Marg Fruit Cocktail 1% Milk</p>	<p>Ham & Beans Carrot Coins Applesauce Mixed Greens Salad Dressing PC Cornbread/Marg 1% Milk</p>	<p>Chicken Piccata Brown Rice Pilaf Winter Blend Veggies Marble Bread Slice/Marg Butterscotch Pudding 1% Milk</p>