

EASTERN NEBRASKA OFFICE ON AGING

OCTOBER 2024 M-F

Home Delivered Meals

	Tuesday 10/1/2024	Wednesday 10/2/2024	Thursday 10/3/2024	Friday 10/4/2024
	Homemade Cookies Day H Chunky Chicken Pot Pie H Mashed Potatoes H Winter Blend Veggies C Buttermilk Biscuit/Marg C Choc. Chip Cookie 1% Milk	H All Beef Hot Dog with Chili Topping H Diced Potatoes H Corn C WG Hot Dog Bun C Sliced Peaches & Strawberries 1% Milk	H Sweet & Sour Chicken Breast H Broccoli Cuts H Peas & Carrots C Cinn. Raisin Bread/Marg C Pineapple Tidbits 1% Milk	National Taco Day H Beef Taco Meat H Pinto Beans H Cheese Sauce C Shredded Lettuce C WG Doritos PC C Fresh Orange 1% Milk
Monday 10/7/2024	Tuesday 10/8/2024	Wednesday 10/9/2024	Thursday 10/10/2024	Friday 10/11/2024
H Chicken Breast w/ Swiss Mornay Sauce H Whipped Potatoes H Diced Beets C WG Dinner Roll/Marg C Diced Peaches 1% Milk	H BBQ Meatballs H Potato Medley H California Blend Vegetables C WG Petite Roll/Marg C Fudge Round 1% Milk	H Sliced Roast Beef & Brown Gravy H Mashed Potatoes H Honey Glazed Carrots C WG Dinner Roll/Marg C Plain Cake Square 1% Milk	H Seafood Chowder H Garlic & Butter Diced Reds H Country Blend Veggies C Marble Rye Bread/Marg C Fruit Mix 1% Milk	World Egg Day H Western Omelet in Cheese Sauce H Potatoes O'Brien H Cinnamon Applesauce C Blueberry Muffin 1% Milk
Monday 10/14/2024	Tuesday 10/15/2024	Wednesday 10/16/2024	Thursday 10/17/2024	Friday 10/18/2024
H Oven Fried Chicken Breast w/ Country Gravy H Mashed Potatoes H Diced Carrots C WG Dinner Roll/Marg C Fresh Apple 1% Milk	H Hamburger Patty with Garlic Mushroom Gravy H Scalloped Potatoes H Peas C 100% Wheat Bread/Marg C Mandarin Oranges 1% Milk	H Potato Crunch Fish Filet H Diced Sweet Potatoes H Chuckwagon Corn C WG Dinner Roll/Marg C Choc. Choc. Chip Muffin C Tartar Sauce PC 1% Milk	National Pasta Day H Sausage & Penne in Tomato Cream Sauce H Green Beans H Zucchini & Tomatoes C WG Breadstick/Marg C Apricot Halves 1% Milk	Meatloaf Appreciation Day H Meatloaf in Brown Gravy H Whipped Potatoes H Peas & Pearl Onions C Honey Wheat Bread/Marg C Tropical Fruit Mix 1% Milk
Monday 10/21/2024	Tuesday 10/22/2024	Wednesday 10/23/2024	Thursday 10/24/2024	Friday 10/25/2024
H Chicken Fried Steak & Gravy H Garlic Mashed Potatoes H Country Blend Veggies C Vienna Bread Slice/Marg C Fresh Pear 1% Milk	H Swedish Meatballs H Diced Baby Red Potatoes H Stewed Tomatoes C WG Dinner Roll/Marg C Sliced Peaches 1% Milk	H BBQ Chicken Breast H BBQ Baked Beans H Cauliflower C WG Hamburger Bun C Rice Krispy Treat 1% Milk	H Cheese Ravioli in Creamy Pesto Sauce H Peas H Cinnamon Pears C Mixed Greens Salad C Ranch Dressing PC C Vienna Bread/Marg 1% Milk	H Salisbury Steak & Brown Gravy H Ranch Whip Potatoes H Green Beans C WG Dinner Roll/Marg C Applesauce 1% Milk
Monday 10/28/2024	Tuesday 10/29/2024	Wednesday 10/30/2024	Thursday 10/31/2024	
National Chocolate Day H Chicken Lo Mein with WG Spaghetti Pasta H Broccoli Cuts H Diced Carrots C WG Breadstick/Marg C Chocolate Pudding 1% Milk	National Oatmeal Day H Sliced Turkey in Gravy H Mashed Potatoes H Cornbread Stuffing C WG Petite Roll/Marg C Oatmeal Cream Pie 1% Milk	H Pot Roast with Brown Gravy H Diced Baby Red Potatoes H Honey Roasted Carrots C WG Dinner Roll/Marg C Fruit Cocktail 1% Milk	H Hamburger Patty H Sweet Potato Wedges H Chuckwagon Corn C WG Hamburger Bun C Pumpkin Fluff 1% Milk	