

**Eastern Nebraska Office on Aging  
Congregate Meals  
November 2021**

<b>Monday 11/1/2021</b>	<b>Tuesday 11/2/2021</b>	<b>Wednesday 11/3/2021</b>	<b>Thursday 11/4/2021</b>	<b>Friday 11/5/2021</b>
BBQ Meatballs Potato Medley Mixed Vegetables* WG Dinner Roll/Marg Fresh Orange 1% or Skim Milk	Baked Cod Loin in Sweet Basil Sauce Baked Sweet Potato Zucchini & Tomatoes* WG Petite Roll/Marg Tropical Fruit Mix 1% or Skim Milk	Beef Ravioli in Marinara Sauce Romaine Blend Salad/Dress Italian Blend Vegetables* WG Breadstick/Marg Banana Muffin Square 1% or Skim Milk	Meatloaf & Gravy Roasted Whole Baby Reds Peas* Cornbread Muffin/Marg Honey PC Pear Slices 1% or Skim Milk	Sweet & Sour Chicken Breast Oriental Blend Vegetables* Carrot Coins Fortune Cookie Cinnamon Raisin Bread/Marg Pineapple Tidbits 1% or Skim Milk
<b>Monday 11/8/2021</b>	<b>Tuesday 11/9/2021</b>	<b>Wednesday 11/10/2021</b>	<b>Thursday 11/11/2021</b>	<b>Friday 11/12/2021</b>
All Beef Chili Dog w/ Cheese on WG Hot Dog Bun Seasoned Potato Wedges* Corn* Mandarin Oranges 1% or Skim Milk	Baked Ham* Broccoli Rice Casserole Honey Glazed Carrots WG Dinner Roll/Marg Fruit Cocktail 1% or Skim Milk	Oven Fried Chicken Breast* Whipped Potatoes with Chicken Gravy Green Beans* Italian Dinner Roll/Marg Decorated Birthday Cake or Plain Cake Square 1% or Skim Milk	 <b>Senior Centers Closed</b>	BBQ Ribbette Patty on WG Hamburger Bun BBQ Baked Beans Cauliflower* Diced Peaches 1% or Skim Milk
<b>Monday 11/15/2021</b>	<b>Tuesday 11/16/2021</b>	<b>Wednesday 11/17/2021</b>	<b>Thursday 11/18/2021</b>	<b>Friday 11/19/2021</b>
Hamburger Patty with Garlic Mushroom Gravy Scalloped Potatoes Brussels Sprouts* 100% Whole Wheat Bread/Marg Sugar Cookie or Diet Cookies 1% or Skim Milk	Sliced Roast Beef & Gravy Whipped Potatoes Green Peas * Rye Bread/Marg Butterscotch Pudding or Diet Pudding 1% or Skim Milk	Seafood Chowder Garlic & Butter Diced Reds California Blend Vegetables* WG Dinner Roll/Marg Ambrosia Salad 1% or Skim Milk	Chicken Breast & Chicken Gravy Potato Medley Green Beans* Heavy Hearth Roll/Marg Diced Pears 1% or Skim Milk	Beef & Three Bean Chili Carrot Coins* Cornbread/Marg Honey PC Fruit Crisp or Fruit Mix 1% or Skim Milk
<b>Monday 11/22/2021</b>	<b>Tuesday 11/23/2021</b>	<b>Wednesday 11/24/2021</b>	<b>Thursday 11/25/2021</b>	<b>Friday 11/26/2021</b>
Taco Joe* Sandwich with Shredded Lettuce & Shredded Cheese on WG Hamburger Bun Au gratin Potatoes Broccoli* Pear Slices 1% or Skim Milk	Swedish Meatballs Baked Potato/Sour Cream Stewed Tomatoes Sour Dough Roll/Marg Strawberry Yogurt Cup or Diet Pudding 1% or Skim Milk	Turkey Breast with Gravy Cornbread Dressing Whipped Potatoes Green Bean Casserole Cranberry Sauce Garnish WG Petite Roll/Marg Pumpkin Pie & Whip Topping or Diet Pudding 1% or Skim Milk	 <b>Senior Centers Closed</b>	<b>Senior Centers Closed</b>
<b>Monday 11/29/2021</b>	<b>Tuesday 11/30/2021</b>			
10 Grain Fish Filet* Corn O'Brien Broccoli* Wheatberry Roll/Marg Sliced Peaches Tartar Sauce PC 1% or Skim Milk	Oven Fried Chicken Breast* with Chicken Gravy Mashed Potatoes Green Peas* WG Breadstick/Marg Banana Muffin Square 1% or Skim Milk			 * Items to be heated or microwaved at the centers
Final August 10, 2021				Menus subject to change