Eastern Nebraska Office on Aging Congregate Meals October 2021

				Friday
				10/1/2021
		-570	- 14	Chicken Cordon Bleu
				with Swiss Mornay Sauce
	Fr Fr Fr	The state of the s		Mashed Potatoes
DINOA				Broccoli*
				Wheatberry Roll/Marg
* Items to be heated	Contract of the Contract of th	Town the second		Oatmeal Raisin Cookie
or microwaved at				or Diet Cookies
the centers		1		1% or Skim Milk
Monday	Tuesday	Wednesday	Thursday	Friday
10/4/2021	10/5/2021	10/6/2021	10/7/2021	10/8/2021
Baked Cod Loin in	BBQ Meatballs	Breakfast for Lunch!	Sweet & Sour Chicken Breast	All Beef Chili Dog w/ Cheese
Sweet Basil Sauce	Potato Medley	Cheese Omelet*	Oriental Blend Vegetables*	on WG Hot Dog Bun
Baked Sweet Potato	Mixed Vegetables*	w/ Cheese Sauce	Carrot Coins	Steak Fries*
Zucchini & Tomatoes*	WG Petite Roll/Marg	Cinnamon Roll	Fortune Cookie	Corn*
WG Dinner Roll/Marg	Fresh Orange	Breakfast Potatoes	Cinnamon Raisin Breas/Marg	Pineapple & Strawberries
Tropical Fruit Mix	1% or Skim Milk	Fresh Banana	Tapioca Pudding	1% or Skim Milk
1% or Skim Milk	170 01 014111 141111	100% Orange Juice Cup	or Diet Pudding	1 70 01 01.111 11.111
170 Of Okini Willik		1% or Skim Milk	1% or Skim Milk	
Monday	Tuesday	Wednesday	Thursday	Friday
10/11/2021	10/12/2021	10/13/2021	10/14/2021	10/15/2021
	Oven Roasted Pork Chop	Sliced Roast Beef & Gravy	Seafood Chowder	Hamburger Patty with
****	w/ Pork Gravy	Mashed Potatoes	Garlic & Butter Diced Reds	Garlic Mushroom Gravy
COLUMBUS	Baked Sweet Potato	Honey Glazed Carrots	Winter Blend Veggies*	Scalloed Potatoes
DAY	Brussels Sprouts*	Rye Bread/Marg	Marble Rye Bread/Marg	Peas & Pearl Onions*
	WG Dinner Roll/Marg	Decorated Birthday Cake	Fruit Crisp	100% Whole Wheat Bread/Mar
	Peanut Butter Cookie	or Plain Cake Square	or Mixed Fruit	Mandarin Oranges
Senior Centers Closed	or Diet Cookies	1% or Skim Milk	1% or Skim Milk	1% or Skim Milk
come. Comerc creed	1% or Skim Milk	. , , , , , , , , , , , , , , , , , , ,	. , , , , , , , , , , , , , , , , , , ,	. ,,,
Monday		Wednesday	Thursday	Friday
Monday 10/18/2021	Tuesday	Wednesday 10/20/2021	Thursday 10/21/2021	Friday 10/22/2021
10/18/2021	Tuesday 10/19/2021	10/20/2021	10/21/2021	10/22/2021
10/18/2021 Orange Chicken Stir Fry	Tuesday 10/19/2021 Beef Ravioli	10/20/2021 10-Grain Fish Filet*	10/21/2021 Taco Joe* Sandwich	10/22/2021 Chicken Breast &
10/18/2021 Orange Chicken Stir Fry with WG Spaghetti Pasta	Tuesday 10/19/2021 Beef Ravioli in Marninara Sauce	10/20/2021 10-Grain Fish Filet* Augratin Potatoes	10/21/2021 Taco Joe* Sandwich with Shredded Lettuce &	10/22/2021 Chicken Breast & Chicken Gravy
10/18/2021 Orange Chicken Stir Fry with WG Spaghetti Pasta Peas & Carrots	Tuesday 10/19/2021 Beef Ravioli in Marninara Sauce Romaine Blend Salad/Dress	10/20/2021 10-Grain Fish Filet* Augratin Potatoes Green Beans*	10/21/2021 Taco Joe* Sandwich with Shredded Lettuce & Shredded Cheese	10/22/2021 Chicken Breast & Chicken Gravy Whipped Potatoes
10/18/2021 Orange Chicken Stir Fry with WG Spaghetti Pasta Peas & Carrots Broccoli*	Tuesday 10/19/2021 Beef Ravioli in Marninara Sauce Romaine Blend Salad/Dress Italian Blend Vegetables*	10/20/2021 10-Grain Fish Filet* Augratin Potatoes Green Beans* WG Dinner Roll/Marg	10/21/2021 Taco Joe* Sandwich with Shredded Lettuce & Shredded Cheese on a WG Hamburger Bun	10/22/2021 Chicken Breast & Chicken Gravy Whipped Potatoes California Blend Veggies*
Orange Chicken Stir Fry with WG Spaghetti Pasta Peas & Carrots Broccoli* Fortune Cookie	Tuesday 10/19/2021 Beef Ravioli in Marninara Sauce Romaine Blend Salad/Dress Italian Blend Vegetables* WG Breadstick/Marg	10/20/2021 10-Grain Fish Filet* Augratin Potatoes Green Beans* WG Dinner Roll/Marg Fruited Gelatin	Taco Joe* Sandwich with Shredded Lettuce & Shredded Cheese on a WG Hamburger Bun Potato Ole's*	10/22/2021 Chicken Breast & Chicken Gravy Whipped Potatoes California Blend Veggies* Honey Wheat Bread/Marg
Orange Chicken Stir Fry with WG Spaghetti Pasta Peas & Carrots Broccoli* Fortune Cookie Strawberry Yogurt Cup	Tuesday 10/19/2021 Beef Ravioli in Marninara Sauce Romaine Blend Salad/Dress Italian Blend Vegetables* WG Breadstick/Marg Cinnamon Applesauce	10/20/2021 10-Grain Fish Filet* Augratin Potatoes Green Beans* WG Dinner Roll/Marg Fruited Gelatin or Fruited Diet Gelatin	10/21/2021 Taco Joe* Sandwich with Shredded Lettuce & Shredded Cheese on a WG Hamburger Bun Potato Ole's* Chuckwagon Corn*	10/22/2021 Chicken Breast & Chicken Gravy Whipped Potatoes California Blend Veggies* Honey Wheat Bread/Marg Frosted Brownie
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10/18/2021 Orange Chicken Stir Fry with WG Spaghetti Pasta Peas & Carrots Broccoli* Fortune Cookie Strawberry Yogurt Cup or Diet Pudding 1% or Skim Milk	Tuesday 10/19/2021 Beef Ravioli in Marninara Sauce Romaine Blend Salad/Dress Italian Blend Vegetables* WG Breadstick/Marg Cinnamon Applesauce 1% or Skim Milk	10/20/2021 10-Grain Fish Filet* Augratin Potatoes Green Beans* WG Dinner Roll/Marg Fruited Gelatin or Fruited Diet Gelatin Tartar Sauce PC 1% or Skim Milk	10/21/2021 Taco Joe* Sandwich with Shredded Lettuce & Shredded Cheese on a WG Hamburger Bun Potato Ole's* Chuckwagon Corn* Sliced Apricots 1% or Skim Milk	10/22/2021 Chicken Breast & Chicken Gravy Whipped Potatoes California Blend Veggies* Honey Wheat Bread/Marg Frosted Brownie or Diet Cookies 1% or Skim Milk
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