

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

 <p>* Items to be heated or microwaved at the centers</p>				<p align="center"><b>Friday 10/1/2021</b></p> <p>Chicken Cordon Bleu with Swiss Mornay Sauce Mashed Potatoes Broccoli* Wheatberry Roll/Marg Oatmeal Raisin Cookie or Diet Cookies 1% or Skim Milk</p>
<p align="center"><b>Monday 10/4/2021</b></p>	<p align="center"><b>Tuesday 10/5/2021</b></p>	<p align="center"><b>Wednesday 10/6/2021</b></p>	<p align="center"><b>Thursday 10/7/2021</b></p>	<p align="center"><b>Friday 10/8/2021</b></p>
<p>Baked Cod Loin in Sweet Basil Sauce Baked Sweet Potato Zucchini &amp; Tomatoes* WG Dinner Roll/Marg Tropical Fruit Mix 1% or Skim Milk</p>	<p>BBQ Meatballs Potato Medley Mixed Vegetables* WG Petite Roll/Marg Fresh Orange 1% or Skim Milk</p>	<p>Breakfast for Lunch! Cheese Omelet* w/ Cheese Sauce Cinnamon Roll Breakfast Potatoes Fresh Banana 100% Orange Juice Cup 1% or Skim Milk</p>	<p>Sweet &amp; Sour Chicken Breast Oriental Blend Vegetables* Carrot Coins Fortune Cookie Cinnamon Raisin Breas/Marg Tapioca Pudding or Diet Pudding 1% or Skim Milk</p>	<p>All Beef Chili Dog w/ Cheese on WG Hot Dog Bun Steak Fries* Corn* Pineapple &amp; Strawberries 1% or Skim Milk</p>
<p align="center"><b>Monday 10/11/2021</b></p>	<p align="center"><b>Tuesday 10/12/2021</b></p>	<p align="center"><b>Wednesday 10/13/2021</b></p>	<p align="center"><b>Thursday 10/14/2021</b></p>	<p align="center"><b>Friday 10/15/2021</b></p>
 <p><b>Senior Centers Closed</b></p>	<p>Oven Roasted Pork Chop w/ Pork Gravy Baked Sweet Potato Brussels Sprouts* WG Dinner Roll/Marg Peanut Butter Cookie or Diet Cookies 1% or Skim Milk</p>	<p>Sliced Roast Beef &amp; Gravy Mashed Potatoes Honey Glazed Carrots Rye Bread/Marg Decorated Birthday Cake or Plain Cake Square 1% or Skim Milk</p>	<p>Seafood Chowder Garlic &amp; Butter Diced Reds Winter Blend Veggies* Marble Rye Bread/Marg Fruit Crisp or Mixed Fruit 1% or Skim Milk</p>	<p>Hamburger Patty with Garlic Mushroom Gravy Scalloped Potatoes Peas &amp; Pearl Onions* 100% Whole Wheat Bread/Marg Mandarin Oranges 1% or Skim Milk</p>
<p align="center"><b>Monday 10/18/2021</b></p>	<p align="center"><b>Tuesday 10/19/2021</b></p>	<p align="center"><b>Wednesday 10/20/2021</b></p>	<p align="center"><b>Thursday 10/21/2021</b></p>	<p align="center"><b>Friday 10/22/2021</b></p>
<p>Orange Chicken Stir Fry with WG Spaghetti Pasta Peas &amp; Carrots Broccoli* Fortune Cookie Strawberry Yogurt Cup or Diet Pudding 1% or Skim Milk</p>	<p>Beef Ravioli in Marninara Sauce Romaine Blend Salad/Dress Italian Blend Vegetables* WG Breadstick/Marg Cinnamon Applesauce 1% or Skim Milk</p>	<p>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</p>	<p>Taco Joe* Sandwich with Shredded Lettuce &amp; Shredded Cheese on a WG Hamburger Bun Potato Ole's* Chuckwagon Corn* Sliced Apricots 1% or Skim Milk</p>	<p>Chicken Breast &amp; Chicken Gravy Whipped Potatoes California Blend Veggies* Honey Wheat Bread/Marg Frosted Brownie or Diet Cookies 1% or Skim Milk</p>
<p align="center"><b>Monday 10/25/2021</b></p>	<p align="center"><b>Tuesday 10/26/2021</b></p>	<p align="center"><b>Wednesday 10/27/2021</b></p>	<p align="center"><b>Thursday 10/28/2021</b></p>	<p align="center"><b>Friday 10/29/2021</b></p>
<p>Chicken Fried Steak* &amp; Gravy Garlic Mashed Potatoes Country Blend Vegetables* Vienna Bread Slice/Marg Mandarin Oranges 1% or Skim Milk</p>	<p>Swedish Meatballs Baked Potato/Sour Cream Stewed Tomatoes WG Dinner Roll/Marg Pear Slices 1% or Skim Milk</p>	<p>BBQ Chicken Breast on WG Hamburger Bun BBQ Baked Beans Diced Carrots* Applesauce 1% or Skim Milk</p>	<p>Italian Goulash with WG Elbow Noodles Italian Blend Vegetables* Romain Blend Salad/Dress Vienna Bread Slice/Marg Diced Peaches 1% or Skim Milk</p>	<p>Salisbury Steak with Brown Gravy Loaded Mashed Potatoes Green Bean*s WG Dinner Roll/Marg Pumpkin Muffin Square 1% or Skim Milk</p>

Menus subject to change

Final August 10, 2021