

**Eastern Nebraska Office on Aging  
Meals on Wheels Menus  
October 2022**

<b>Monday 10/3/2022</b>	<b>Tuesday 10/4/2022</b>	<b>Wednesday 10/5/2022</b>	<b>Thursday 10/6/2022</b>	<b>Friday 10/7/2022</b>
Potato Crunch Fish Filet Diced Sweet Potatoes Zucchini & Tomatoes WG Dinner Roll/Marg Tropical Fruit Mix 1% Milk	BBQ Meatballs Potato Medley Mixed Vegetables WG Petite Roll/Marg Fresh Orange 1% Milk	Country Fried Steak with Country Gravy Mashed Potatoes Green Peas Buttermilk Biscuit/Marg Fresh Banana 1% Milk	Sweet & Sour Chicken Breast Rice Pilaf Cauliflower Cinn. Raisin Bread/Marg Tapioca Pudding 1% Milk	All Beef Hot Dog with Chili Topping Seasoned Potato Wedges Corn WG Hot Dog Bun Pineapple & Strawberries 1% Milk
<b>Monday 10/10/2022</b>	<b>Tuesday 10/11/2022</b>	<b>Wednesday 10/12/2022</b>	<b>Thursday 10/13/2022</b>	<b>Friday 10/14/2022</b>
Chicken Cordon Bleu w/ Swiss Mornay Sauce Mashed Potatoes Green Beans Hearth Roll/Marg Peaches 1% Milk	Oven Roast Pork Chop with Pork Gravy Diced Sweet Potatoes Brussels Sprouts 100% Wheat Bread/Marg Peanut Butter Cookie 1% Milk	Sliced Roast Beef & Brown Gravy Mashed Potatoes Honey Glazed Carrots Rye Bread/Marg Plain Cake Square 1% Milk	Ground Beef Stew Garlic & Butter Diced Reds Winter Blend Veggies Wheatberry Roll/Marg Fruit Mix 1% Milk	Hamburger Patty with Garlic Mushroom Gravy Scalloped Potatoes Peas & Pearl Onions Sourdough Roll/Marg Mandarin Oranges 1% Milk
<b>Monday 10/17/2022</b>	<b>Tuesday 10/18/2022</b>	<b>Wednesday 10/19/2022</b>	<b>Thursday 10/20/2022</b>	<b>Friday 10/21/2022</b>
Orange Chicken Stir Fry w/ WG Spaghetti Pasta Peas & Carrots Broccoli Strawberry Yogurt Cup 1% Milk	Beef Ravioli in Marinara Sauce Italian Blend Veggies Cinn. Applesauce Mixed Greens Salad Ranch Dressing PC WG Breadstick/Marg 1% Milk	10-Grain Fish Filet Cheesy Whipped Potatoes Green Beans WG Dinner Roll/Marg Fruited Diet Gelatin Tartar Sauce PC 1% Milk	Taco Joe Sandwich Seasoned Potato Wedges Chuckwagon Corn WG Hamburger Bun Sliced Apricots 1% Milk	Chicken Breast & Chicken Gravy Whipped Potatoes California Blend Veggies Honey Wheat Bread/Marg Chocolate Brownie 1% Milk
<b>Monday 10/24/2022</b>	<b>Tuesday 10/25/2022</b>	<b>Wednesday 10/26/2022</b>	<b>Thursday 10/27/2022</b>	<b>Friday 10/28/2022</b>
Chicken Fried Steak & Gravy Garlic Mashed Potatoes Country Blend Veggies Vienna Bread Slice/Marg Fresh Orange 1% Milk	Swedish Meatballs 1/2 Baked Potato Stewed Tomatoes WG Dinner Roll/Marg Pear Slices Sour Cream PC 1% Milk	BBQ Chicken Breast BBQ Baked Beans Broccoli WG Hamburger Bun Fudge Round 1% Milk	Italian Goulash with WG Elbow Noodles Italian Blend Veggies Green Peas Vienna Bread/Marg Diced Peaches 1% Milk	Salisbury Steak & Brown Gravy Loaded Mashed Potatoes Green Beans WG Dinner Roll/Marg Applesauce 1% Milk
<b>Monday 10/31/2022</b>				
BBQ Meatballs Potato Medley Mixed Vegetables WG Dinner Roll/Marg Pumpkin Fluff 1% Milk				