

**Eastern Nebraska Office on Aging  
Meals on Wheels  
August 2022**

<b>Monday 8/1/2022</b>	<b>Tuesday 8/2/2022</b>	<b>Wednesday 8/3/2022</b>	<b>Thursday 8/4/2022</b>	<b>Friday 8/5/2022</b>
Hamburger Patty BBQ Baked Beans Corn Lettuce & Tomato Sugar Cookie 1% Milk	Chicken Piccata Diced Sweet Potatoes Winter Blend Veggies Marble Bread Slice/Marg Diced Peaches 1% Milk	WG Spaghetti & Meat Sauce Italian Blend Veggies Applesauce Mixed Greens Side Salad WG Breadstick Dressing PC 1% Milk	Oven Fried Chicken Breast Mashed Potatoes & Gravy Broccoli WG Dinner Roll/Marg Butterscotch Pudding 1% Milk	Salisbury Steak & Mushroom Gravy Potato Medley Green Beans WG Bread/Marg Strawberries & Pineapple 1% Milk
<b>Monday 8/8/2022</b>	<b>Tuesday 8/9/2022</b>	<b>Wednesday 8/10/2022</b>	<b>Thursday 8/11/2022</b>	<b>Friday 8/12/2022</b>
Chicken Fried Rice Oriental Blend Veggies Carrot Coins Cinn. Raisin Bread/Marg Fresh Orange 1% Milk	Meatloaf/Tomato Gravy Cheesy Whip Potatoes Peas WG Dinner Roll/Marg Cherry Vanilla Yogurt 1% Milk	Sliced Roast Beef & Gravy Mashed Potatoes Diced Beets WG Bread Slice/Marg Plain Cake Square 1% Milk	Potato Crunch Fish Wedge Garlic Roasted Baby Reds Brussels Sprouts Rye Bread Slice/Marg Tartar Sauce PC Fudge Round 1% Milk	Grilled Chicken Sandwich BBQ Baked Beans Potato Wedges WG Hamburger Bun Mandarin Oranges 1% Milk
<b>Monday 8/15/2022</b>	<b>Tuesday 8/16/2022</b>	<b>Wednesday 8/17/2022</b>	<b>Thursday 8/18/2022</b>	<b>Friday 8/19/2022</b>
Pork Fritter & Gravy 1/2 Baked Potato Mediterranean Blend WG Bread Stick/Marg Oreo Cookies Sour Cream PC 1% Milk	Roast Beef & Swiss Lettuce & Tomato 3 Bean Salad Kaiser Bun Tropical Fruit 1% Milk	Cheesy Broccoli Chicken Breast Brown Rice Pilaf Honey Roasted Baby Carrots WG Dinner Roll/Marg Applesauce 1% Milk	Meatballs & Gravy Mashed Potatoes Zucchini & Tomatoes Honey Wheat Bread/Marg Chocolate Chip Cookie 1% Milk	Italian Casserole Green Peas Cauliflower WG Bread Stick/Marg Ambrosia Salad 1% Milk
<b>Monday 8/22/2022</b>	<b>Tuesday 8/23/2022</b>	<b>Wednesday 8/24/2022</b>	<b>Thursday 8/25/2022</b>	<b>Friday 8/26/2022</b>
10 Grain Fish Twice Baked Mash Potatoes Green Beans WG Dinner Roll/Marg Vanilla Pudding Tartar Sauce 1% Milk	Taco Meat Potato Wedges Fiesta Corn Cheese, Tomato, Lettuce 8" Flour Tortilla Peaches & Strawberries Taco Sauce PC 1% Milk	BBQ Pork Sandwich Scalloped Potatoes Broccoli WG Wheat Bun Pineapple Tidbits 1% Milk	Sliced Turkey & Gravy Mashed Potatoes Green Peas WG Breadstick/Marg Cinnamon Apple Slices 1% Milk	Pork Chop with Pineapple Salsa Diced Sweet Potatoes Cali Blend Vegetables WG Petite Roll/Marg Fruit Cocktail 1% Milk
<b>Monday 8/29/2022</b>	<b>Tuesday 8/30/2022</b>	<b>Wednesday 8/31/2022</b>		
Swiss Steak & Brown Gravy Diced Baby Reds Brussels Sprouts WG Dinner Roll/Marg Sliced Pears 1% Milk	Asian Beef & Rice Cass Oriental Blend Vegetables Carrot Coins Cinn. Raisin Bread/Marg Sugar Cookie 1% Milk	Chicken Marsala Brown Rice Pilaf Winter Blend Veggies Marble Bread Slice/Marg Butterscotch Pudding 1% Milk		