Eastern Nebraska Office on Aging

Monday 1/1/2024	Tuesday 1/2/2024	Wednesday 1/3/2024	Thursday 1/4/2024	Friday 1/5/2024
Only	H Chicken Breast in Chicken Gravy H Mashed Potatoes H Corn C Heavy Hearth Roll/Marg C Mandarin Oranges 1% Milk	H Roasted Pork Chop in Pineapple Mango Salsa H Potato Medley H Green Peas C WG Dinner Roll/Marg C Sugar Cookie 1% Milk	National Spaghetti Day H WG Spaghetti & Meat Sauce H Green Beans H Pineapple Tidbits C Mixed Greens Side Salad C Dressing PC C Italian Roll/Marg 1% Milk	H BBQ Shredded Chicken Sandwich H Potato Wedges H Cheesy Broccoli C WG Mini Coney Bun C Fresh Pear 1% Milk
Monday		Wednesday	Thursday	Friday
1/8/2024	1/9/2024	1/10/2024	1/11/2024	1/12/2024
 H Beef Stew w/ Potatoes, Carrots & Peas H Chuckwagon Corn H Cinnamon Applesauce C Mini Buttermilk Biscuit/Marg 1% Milk 	National Apricot Day H Breaded Chicken Patty H Twice Baked Whip Potato H Mixed Vegetables C WG Hamburger Bun C Apricot Halves 1% Milk	 H Sliced Roast Beef & Gravy H 1/2 Baked Potato H Diced Beets C WG Breadstick/Marg C Plain Cake Square C Sour Cream PC 1% Milk 	H Pork Fritter & Country Gravy H Mashed Potatoes H Peas & Carrots C WG Dinner Roll/Marg C Ambrosia Salad 1% Milk	 H Potato Crunch Fish Filet H Diced Sweet Potatoes H Zucchini & Tomatoes C Pumpernickel Bread/Marg C Tartar Sauce PC C Fruit Cocktail 1% Milk
Monday 1/15/2024	Tuesday 1/16/2024	Wednesday 1/17/2024	Thursday 1/18/2024	Friday 1/19/2024
Martin Luther King Jr. Holiday Meals by Reservation Only	H Unstuffed Peppers H Cheesy Hashbrowns H Carrot Coins C WG Dinner Roll/Marg C Pear Slices 1% Milk	Walking Taco H Shredded Chicken H Fiesta Corn H Cheese Sauce C Shred Lett/Taco Sauce PC C WG Nacho Doritos PC C Fresh Banana 1% Milk	H Turkey Breast & Gravy H Cornbread Stuffing H Broccoli C WG Dinner Roll/Marg C Chocolate Chip Cookie 1% Milk	H Salisbury Steak with Garlic Mushroom Gravy H Whipped Potatoes H Country Blend Veggies C Wheatberry Roll/Marg C Strawberries & Mango 1% Milk
Monday 1/22/2024 c	Tuesday 1/23/2024	Wednesday 1/24/2024	Thursday 1/25/2024	Friday 1/26/2024
National Southern Food Day H Oven Fried Chicken Breast with County Gravy H Diced Candied Sweet Pot. H Seasoned Spinach C Mini Biscuit & Honey PC C Mandarin Oranges 1% Milk	H Western Omelet in Cheese Sauce H Potatoes O'Brien H Strawberries & Peaches C Blueberry Muffin 1% Milk	H Chunky Chicken Pot Pie H Mashed Potatoes H Country Blend Veggies C WG Dinner Roll/Marg C Peanut Butter Cookie 1% Milk	H Meatballs in Brown Gravy H Cheesy Mashed Potatoes H Green Beans C WG Breadstick/Marg C Pineapple Tidbits 1% Milk	H Hamburger Patty H Baked Beans H Mixed Vegetables C Leaf Lettuce & Tomato C Wheat Hamburger Bun C Fudge Round 1% Milk
Monday 1/29/2024	Tuesday 1/30/2024	Wednesday 1/31/2024		R
 H Chicken Breast with Sweet Chili Sauce H Brown Rice Pilaf H Zucchini & Tomatoes C WG Dinner Roll/Marg C Sliced Peaches 1% Milk 	H Sloppy Joe Sandwich H Potato Wedges H Corn C WG Hamburger Bun C Fruit Cocktail 1% Milk	H Ham & Northern Beans H Winter Blend Veggies H Cinnamon Apple Slices C Cornbread/Marg 1% Milk		

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