

Eastern Nebraska Office on Aging

June 2022

Congregate Menus

		<p align="center">Wednesday 6/1/2022</p> <p>Cheesy Chicken Breast Fiesta Rice Fiesta Bean Trio WG Breadstick/Marg Fruit Cocktail 1% or Skim Milk</p>	<p align="center">Thursday 6/2/2022</p> <p>BBQ Pork Rib Patty BBQ Baked Beans Diced Carrots* WG Coney Bun Peaches & Strawberries 1% or Skim Milk</p>	<p align="center">Friday 6/3/2022</p> <p>Meatloaf in Gravy Mashed Potatoes Zucchini & Tomatoes* WG Dinner Roll/Marg Oatmeal Cream Pie or Diet Cookies 1% or Skim Milk</p>
<p align="center">Monday 6/6/2022</p> <p>Baked Cod Loin in Pesto Cream Sauce Baked Sweet Potato Green Peas* Marble Bread/Marg Chocolate Pudding or Diet Pudding 1% or Skim Milk</p>	<p align="center">Tuesday 6/7/2022</p> <p>Country Fried Steak* w/ Country Gravy Mashed Potatoes Green & Gold Beans* Vienna Bread Slice/Marg Diced Peaches 1% or Skim Milk</p>	<p align="center">Wednesday 6/8/2022</p> <p>Sliced Roast Beef in Brown Gravy Garlic Mashed Potatoes Mixed Vegetables* WG Dinner Roll/Marg Decorated Birthday Cake or Plain Cake Square 1% or Skim Milk</p>	<p align="center">Thursday 6/9/2022</p> <p>All Beef Chili Dog w/ Shredded Cheese Diced Baby Red Potatoes Cauliflower* WG Hot Dog Bun Tropical Fruit 1% or Skim Milk</p>	<p align="center">Friday 6/10/2022</p> <p>Ham & Au gratin Potatoes Broccoli* WG Dinner Roll/Marg Cinnamon Pear Slices 1% or Skim Milk</p>
<p align="center">Monday 6/13/2022</p> <p>Sweet & Sour Chicken Breast Brown Rice Pilaf Cabbage & Carrots Cinnamon Raisin Bread/Marg Mandarin Oranges 1% or Skim Milk</p>	<p align="center">Tuesday 6/14/2022</p> <p>Taco Salad Taco Meat*, Shred Cheese, Diced Tomato, Diced Onion over Iceberg Lettuce Black Beans & Tortilla Chips Glazed Pineapple or Tidbits Sour Cream & Taco Sauce PC 1% or Skim Milk</p>	<p align="center">Wednesday 6/15/2022</p> <p>Meatball Stroganoff w/ Egg Noodles Diced Glazed Beets Mixed Greens Salad/Dress Petite Roll/Marg Cinnamon Applesauce 1% or Skim Milk</p>	<p align="center">Thursday 6/16/2022</p> <p>Pork Chop in Gravy Twice Baked Whipped Potato Chuckwagon Corn* WG Dinner Roll/Marg Banana Pudding or Diet Pudding 1% or Skim Milk</p>	<p align="center">Friday 6/17/2022</p> <p>Cheeseburger* on WG Hamburger Bun w/ Leaf Lettuce, Sliced Tomato Red Onion & Pickle Slices Potato Medley Rice Krispie Bar or Diet Cookies <i>Happy Father's Day</i></p>
<p align="center">Monday 6/20/2022</p> <p>10 Grain Fish Filet* Stewed Tomatoes Cheesy Hashbrowns Marble Rye/Marg Fresh Orange Tartar Sauce PC 1% or Skim Milk</p>	<p align="center">Tuesday 6/21/2022</p> <p>Lemon Pepper Chicken Breast over White Cirtus Rice California Blend Vegetables* WG Breadstick/Marg Ambrosia Fruit Salad 1% or Skim Milk</p>	<p align="center">Wednesday 6/22/2022</p> <p>Beef Ravioli with Marinara Sauce Green Beans* Mixed Greens Salad/Dress Garlic Bread Fruit Mix 1% or Skim Milk</p>	<p align="center">Thursday 6/23/2022</p> <p>Sloppy Joe *Sandwich on WG Hamburger Bun Tater Tots* Mixed Vegetables* Tropical Fruit Mix 1% or Skim Milk</p>	<p align="center">Friday 6/24/2022</p> <p>Turkey Tetrazini with WG Pasta Green Peas* Crinkle Cut Carrots WG Breadstick/Marg Chocolate Chip Muffin or Fig Newtons 1% or Skim Milk</p>
<p align="center">Monday 6/27/2022</p> <p>Ground Beef Stew with Vegetables Chuckwagon Corn* Buttermilk Biscuit/Marg Fruit Cobbler or Fruit Mix 1% or Skim Milk</p>	<p align="center">Tuesday 6/28/2022</p> <p>Italian Seafood Pasta w/ Creamy White Sauce Mixed Greens Salad/DressPC Spring Blend Vegetables* WG Breadstick/Marg Diced Pears 1% or Skim Milk</p>	<p align="center">Wednesday 6/29/2022</p> <p>Baked Ham* Au gratin Potatoes Broccoli* WG Dinner Roll/Marg Cinnamon Apples 1% or Skim Milk</p>	<p align="center">Thursday 6/30/2022</p> <p>Fire Braised Chicken Breast on Kaiser Bun with Leaf Lettuce & Sliced Tomato Potato Wedges* Roasted Baby Carrots Diced Peaches 1% or Skim Milk</p>	 <p align="center">* Items to be heated or microwaved at the centers</p>