

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

		<b>Wednesday 12/1/2021</b>	<b>Thursday 12/2/2021</b>	<b>Friday 12/3/2021</b>
 * Items to be heated or microwaved at the centers		All Beef Chili Dog w/ Cheese on WG Hot Dog Bun Steak Fries* Corn* Pineapple & Strawberries 1% or Skim Milk	Italian Meatballs in Marinara Sauce Potato Medley Green Beans* WG Dinner Roll/Marg Chocolate Pudding or Diet Pudding 1% or Skim Milk	Meatloaf & Gravy Roasted Whole Baby Reds Carrot Coins* Sourdough Roll/Marg Sliced Apricots 1% or Skim Milk
<b>Monday 12/6/2021</b>	<b>Tuesday 12/7/2021</b>	<b>Wednesday 12/8/2021</b>	<b>Thursday 12/9/2021</b>	<b>Friday 12/10/2021</b>
Chicken Cordon Bleu with Swiss Mornay Sauce Mashed Potatoes California Blend Vegetables* WG Dinner Roll/Marg Peanut Butter Cookie or Diet Cookies 1% or Skim Milk	Italian Goulash with WG Elbow Noodles Italian Blend Vegetables* Romaine Blend Salad/Dress Italian Roll/Marg Diced Peaches 1% or Skim Milk	Sliced Roast Beef with Gravy Garlic Whipped Potatoes Brussels Sprouts* WG Petite Roll/Marg Decorated Birthday Cake or Plain White Cake 1% or Skim Milk	Sweet & Sour Chicken Breast Oriental Blend Vegetables* Baked Potato/Sour Cream PC Fortune Cookie Cinnamon Raisin Bread/Marg Tropical Fruit Mix 1% or Skim Milk	Seafood Chowder Garlic & Butter Diced Reds Mixed Vegetables* Marble Bread Slice/Marg Fruit Crisp or Fruit Mix 1% or Skim Milk
<b>Monday 12/13/2021</b>	<b>Tuesday 12/14/2021</b>	<b>Wednesday 12/15/2021</b>	<b>Thursday 12/16/2021</b>	<b>Friday 12/17/2021</b>
Baked Cod Loin in Sweet Basil Sauce Baked Sweet Potato Zucchini & Tomatoes* WG Dinner Roll/Marg Fresh Orange 1% or Skim Milk	Country Fried Steak * & Gravy Garlic Whipped Potatoes Country Blend Vegetables* Vienna Bread Slice/Marg Plum Halves 1% or Skim Milk	Baked Ham* Twice Baked Whipped Potato Cheesy Broccoli WG Dinner Roll/Marg Cheesecake with Cherry Topping or Diet Pudding 1% or Skim Milk	Salisbury Steak & Brown Gravy Diced Baby Red Potatoes Parslied Carrots* Sour Dough Roll/Marg Fruit Cocktail 1% or Skim Milk	BBQ Chicken Breast on WG Hamburger Bun BBQ Baked Beans Potato Salad Pear Slices 1% or Skim Milk
<b>Monday 12/20/2021</b>	<b>Tuesday 12/21/2021</b>	<b>Wednesday 12/22/2021</b>	<b>Thursday 12/23/2021</b>	<b>Friday 12/24/2021</b>
Breakfast for Lunch! Hearty Country Gravy with Sausage over WG Jumbo Biscuit Breakfast Potatoes Sliced Peaches Orange Juice 1% or Skim Milk	10 Grain Fish Filet* w/ Tartar Sauce PC Winter Blend* Corn Casserole WG Bread Slice/Marg Fresh Banana 1% or Skim Milk	Swedish Meatballs Baked Potato/Sour Cream Stewed Tomatoes Wheatberry Roll/Marg Strawberry Yogurt Cup or Diet Pudding 1% or Skim Milk	Pork Chop w/ Garlic Mushroom Gravy Scalloped Potatoes Peas & Pearl Onions* 100% Whole Wheat Bread/Marg Mandarin Oranges & Pineapple 1% or Skim Milk	 <b>Senior Centers Closed</b>
<b>Monday 12/27/2021</b>	<b>Tuesday 12/28/2021</b>	<b>Wednesday 12/29/2021</b>	<b>Thursday 12/30/2021</b>	<b>Friday 12/31/2021</b>
Chicken Parmesan Cass. w/ WG Penne Pasta Roasted Baby Carrots Cauliflower Italian Roll/Marg Applesauce 1% or Skim Milk	BBQ Pork Rib Patty on WG Hamburger Bun Baby Red Potatoes Brussels Sprouts* Frosted Brownie or Diet Cookies 1% or Skim Milk	Beef & Three Bean Chili Chuckwagon Corn* Cornbread/Marg Honey PC Pineapple Tidbits 1% or Skim Milk	Sliced Roast Beef & Gravy Whipped Potatoes Green Beans* Rye Bread/Marg Butterscotch Pudding or Diet Pudding 1% or Skim Milk	 <b>Senior Centers Closed</b>