

# JUNE 2026 DIET MENU

EASTERN NEBRASKA OFFICE ON AGING  
MEALS ON WHEELS

402-444-6766

Monday 6/1/2026	Tuesday 6/2/2026	Wednesday 6/3/2026	Thursday 6/4/2026	Friday 6/5/2026
H Country Fried Steak w/ Country Gravy H Mashed Potatoes H Green Beans C Vienna Bread Slice/Marg C Mandarin Oranges 1% Milk	H Chicken Breast in Chicken Gravy H Potato Medley H Stewed Tomatoes C WG Breadstick/Marg C Fudge Round Or Diet Cookie to Diabetics 1% Milk	H Meatballs in Brown Gravy H Breakfast Potatoes H Peppers & Onions C WG Bread Slice C Pineapple Tidbits 1% Milk	H Hamburger Patty H Diced Sweet Potatoes H Sliced Pears C Lettuce & Tomato C WG Hamburger Bun 1% Milk	H Meatloaf in Gravy H Broccoli H Carrot Coins C WG Dinner Roll/Marg C Nutty Buddy Stick 1% Milk
Monday 6/8/2026	Tuesday 6/9/2026	Wednesday 6/10/2026	Thursday 6/11/2026	Friday 6/12/2026
H Meatloaf in Brown Gravy H Brussels Sprouts H Green Beans C WG Breadstick/Marg C Diet Cookie 1% Milk	H Chicken Breast w/ Gravy H Wild Rice H Broccoli C Cinnamon Raisin Bread C Tropical Fruit Mix 1% Milk	H Hamburger in Brown Gravy H Garlic Mashed Potatoes H Mixed Vegetables C WG Dinner Roll/Marg C Plain Cake Square 1% Milk	H Pork Chop in Country Gravy H Twice Baked Whip Potato H Chuckwagon Corn C WG Dinner Roll/Marg C Sliced Peaches 1% Milk	H All Beef Hot Dog H Diced Potatoes H Cauliflower C WG Hot Dog Bun C Apricot Halves 1% Milk
Monday 6/15/2026	Tuesday 6/16/2026	Wednesday 6/17/2026	Thursday 6/18/2026	Friday 6/19/2026
H Potato Crunch Fish Filet H Stewed Tomatoes H Diced Potatoes C Marble Rye/Marg C Fresh Orange C Tartar Sauce PC 1% Milk	H Oven Fried Chicken Breast in Country Gravy H Mashed Potatoes H California Blend Veggies C WG Breadstick/Marg C Rice Krispy Treat 1% Milk	H Baked Ham H Mashed Potatoes H Cheesy Broccoli C WG Dinner Roll/Marg C Mandarin Oranges 1% Milk	H Sloppy Joe Sandwich H Potato Medley H Mixed Vegetables C WG Hamburger Bun C Fruit Cocktail 1% Milk	H Meatballs in Brown Gravy H Brussels Sprouts H Carrot Coins C WG Breadstick/Marg C Choc. Choc. Chip Muffin Or Diet Cookie for Diabetics 1% Milk
Monday 6/22/2026	Tuesday 6/23/2026	Wednesday 6/24/2026	Thursday 6/25/2026	Friday 6/26/2026
H Chicken Breast in Creamy Spinach & Artichoke Sauce H Wild Rice H Cauliflower C WG Breadstick/Marg C Diced Pears 1% Milk	H Cheesy Fiesta Beef H Brown Rice H Pinto Beans C Sour Cream PC C Strawberries & Peaches Or Peaches for Diabetics 1% Milk	H Meatloaf in Brown Gravy H Mashed Potatoes H Peas & Carrots C WG Dinner Roll/Marg C Cinnamon Apples 1% Milk	H BBQ Chicken Breast H Green Peas H Diced Carrots C WG Breadstick/Marg C M&M Cookie Or Diet Cookie to Diabetics 1% Milk	H All Beef Hot Dog H Pepper & Onion Mix H Diced Potatoes C Hoagie Bun C Chocolate Pudding Or Diet Pudding to Diabetics 1% Milk
Monday 6/29/2026	Tuesday 6/30/2026			
H Meatballs in Brown Gravy H Mashed Potatoes H Chuckwagon Corn C WG Breadstick/Marg C Pineapple Tidbits 1% Milk	H Cheesy Broccoli Chicken Breast H Brown Rice Pilaf H Mixed Vegetables C WG Dinner Roll/Marg C Tropical Fruit Mix 1% Milk			<p><b>Please call our office by 9am to cancel your meal for the day!</b></p>

**\*\*These meals may contain the following allergens: Peanut, Tree Nuts, Seafood, Shellfish, Soy, Eggs, Milk, Wheat, and Sesame Seeds\*\***