

**Eastern Nebraska Office on Aging  
Congregate Menus  
October 2022**

<b>Monday 10/3/2022</b>	<b>Tuesday 10/4/2022</b>	<b>Wednesday 10/5/2022</b>	<b>Thursday 10/6/2022</b>	<b>Friday 10/7/2022</b>
Potato Crunch Fish Filet* Baked Sweet Potato Zucchini & Tomatoes* WG Dinner Roll/Marg Tropical Fruit Mix 1% or Skim Milk	BBQ Meatballs Potato Medley Mixed Vegetables* WG Petite Roll/Marg Fresh Orange 1% or Skim Milk	Breakfast for Lunch! Western Omelet* w/ Cheese Sauce Cinnamon Roll Breakfast Potatoes Fresh Banana 100% Orange Juice Cup 1% or Skim Milk	Sweet & Sour Chicken Breast Rice Pilaf Cauliflower* Fortune Cookie Cinnamon Raisin Brea's/Marg Tapioca Pudding or Diet Pudding 1% or Skim Milk	All Beef Chili Dog w/ Cheese on WG Hot Dog Bun Seasoned Potato Wedges* Corn* Pineapple & Strawberries 1% or Skim Milk
<b>Monday 10/10/2022</b>	<b>Tuesday 10/11/2022</b>	<b>Wednesday 10/12/2022</b>	<b>Thursday 10/13/2022</b>	<b>Friday 10/14/2022</b>
Chicken Cordon Bleu w/ Swiss Mornay Sauce Whipped Potatoes Green Beans* Hearth Roll/Margarine Peaches 1% or Skim Milk	Oven Roasted Pork Chop w/ Pork Gravy Baked Sweet Potato Brussels Sprouts* 100% Whole Wheat Bread/Marg Peanut Butter Cookie or Diet Cookies 1% or Skim Milk	Sliced Roast Beef & Gravy Mashed Potatoes Honey Glazed Carrots Rye Bread/Marg Decorated Birthday Cake or Plain Cake Square 1% or Skim Milk	Seafood Chowder Garlic & Butter Diced Reds Winter Blend Veggies* Wheatberry Roll/Marg Fruit Mix 1% or Skim Milk	Hamburger Patty with Garlic Mushroom Gravy Scalloped Potatoes Peas & Pearl Onions* Sourdough Roll/Marg Mandarin Oranges 1% or Skim Milk
<b>Monday 10/17/2022</b>	<b>Tuesday 10/18/2022</b>	<b>Wednesday 10/19/2022</b>	<b>Thursday 10/20/2022</b>	<b>Friday 10/21/2022</b>
Orange Chicken Stir Fry with WG Spaghetti Pasta Peas & Carrots Broccoli* Fortune Cookie Strawberry Yogurt Cup or Diet Pudding 1% or Skim Milk	Beef Ravioli in Marinara Sauce Mixed Greens Salad/Dress Italian Blend Vegetables* WG Breadstick/Marg Cinnamon Applesauce 1% or Skim Milk	10-Grain Fish Filet* Cheesy Whipped Potatoes Green Beans* WG Dinner Roll/Marg Fruited Gelatin or Fruited Diet Gelatin Tartar Sauce PC 1% or Skim Milk	Taco Joe* Sandwich with Shredded Lettuce & Shredded Cheese on a WG Hamburger Bun Seasoned Potato Wedges* Chuckwagon Corn* Sliced Apricots 1% or Skim Milk	Chicken Breast & Chicken Gravy Whipped Potatoes California Blend Veggies* Honey Wheat Bread/Marg Chocolate Brownie or Diet Cookies 1% or Skim Milk
<b>Monday 10/24/2022</b>	<b>Tuesday 10/25/2022</b>	<b>Wednesday 10/26/2022</b>	<b>Thursday 10/27/2022</b>	<b>Friday 10/28/2022</b>
Chicken Fried Steak* & Gravy Garlic Mashed Potatoes Country Blend Vegetables* Vienna Bread Slice/Marg Fresh Orange 1% or Skim Milk	Swedish Meatballs Baked Potato/Sour Cream Stewed Tomatoes WG Dinner Roll/Marg Pear Slices 1% or Skim Milk	BBQ Chicken Breast on WG Hamburger Bun BBQ Baked Beans Broccoli* Fudge Round or Diet Cookies 1% or Skim Milk	Italian Goulash with WG Elbow Noodles Italian Blend Vegetables* Mixed Greens Salad/Dress Vienna Bread Slice/Marg Diced Peaches 1% or Skim Milk	Salisbury Steak with Brown Gravy Loaded Mashed Potatoes Green Beans* WG Dinner Roll/Marg Applesauce 1% or Skim Milk
<b>Monday 10/31/2022</b>				
BBQ Meatballs Potato Medley Mixed Vegetables* WG Dinner Roll/Marg Pumpkin Fluff or Diet Cookies 1% or Skim Milk  <b>Happy Halloween</b>				
				
	 <p>* Items to be heated or microwaved at the centers</p>			