




**Eastern Nebraska Office on Aging
Congregate Meals
March 2022**

	Tuesday 3/1/2022	Wednesday 3/2/2022	Thursday 3/3/2022	Friday 3/4/2022
	Beef & Bean Chili Baked Potato/Sour Cream PC Romaine Blend Salad/Dress Cornbread/Marg Tropical Fruit 1% or Skim Milk	Baked Cod Loin in Citrus Cream Sauce Baked Sweet Potato Green Peas Pumpnickel Bread/Marg Apricot Halves 1% or Skim Milk Ash Wednesday	Ham & Scalloped Potatoes Winter Blend Vegetables WG Dinner Roll/Marg Cinnamon Apple Slices 1% or Skim Milk	Breaded Fish Sandwich on WG Hamburger Bun w/Lettuce, Tomato, Tartar Sauce Creamed Corn Carrot Coins Fruited Gelatin or Diet Fruited Gelatin 1% or Skim Milk
Monday 3/7/2022	Tuesday 3/8/2022	Wednesday 3/9/2022	Thursday 3/10/2022	Friday 3/11/2022
California Cheesy Chicken & Brown Rice Casserole Zucchini & Tomatoes WG Dinner Roll/Marg Diced Pears 1% or Skim Milk	Cheeseburger on a Wheat Hamburger Bun w/ Leaf Lettuce, Tomato, Red Onions & Pickle Slices Potato Wedges Chocolate Chip Muffin 1% or Skim Milk	Turkey Breast & Gravy Potato Medley Green Beans WG Dinner Roll/Marg Decorated Birthday Cake or Plain Cake Square 1% or Skim Milk	Meatloaf & Gravy Twice Baked Whipped Potatoes Mixed Vegetables WG Bread Slice/Marg Cherry Vanilla Yogurt PC or Diet Pudding 1% or Skim Milk	Potato Crunch Fish Filet Baked Sweet Potato Spring Blend Vegetables WG Petite Roll/Marg Applesauce Tartar Sauce PC 1% or Skim Milk
Monday 3/14/2022	Tuesday 3/15/2022	Wednesday 3/16/2022	Thursday 3/17/2022	Friday 3/18/2022
Chicken Tenders with BBQ Sauce PC Potato Medley Spinach Casserole WG Breadstick/Marg Diced Peaches 1% or Skim Milk	Soft Shell Beef Taco Taco Meat, Shred Cheese Shred Lettuce, Diced Tomato Fiesta Corn 8" Flour Tortilla Sour Cream & Taco Sauce PCs Glazed Pineapple or PI Pineapple 1% or Skim Milk	Pork Fritter Mashed Potatoes & Gravy Brussels Sprouts Marble Bread/Marg Classic Fruit Salad 1% or Skim Milk	Corned Beef Cabbage & Carrots Roasted Whole Baby Reds Rye Bread/Marg Emerald Pudding or Diet Pudding 1% or Skim Milk St Patrick's Day 	10 Grain Fish Filet Cheesy Mashed Potatoes Oven Roasted Vegetables Italian Roll/Marg Fruit Cocktail Tartar Sauce PC 1% or Skim Milk
Monday 3/21/2022	Tuesday 3/22/2022	Wednesday 3/23/2022	Thursday 3/24/2022	Friday 3/25/2022
Ham & Northern Beans Broccoli Cornbread/Marg Cherry Cobbler or Applesauce 1% or Skim Milk	Chicken with Supreme Sauce Garlic Whip Potatoes Roasted Baby Carrots Marble Rye Bread/Marg Oatmeal Raisin Cookie or Diet Cookies 1% or Skim Milk	Teriyaki Meatballs Oriental Blend Vegetables Diced Sweet Potatoes Fortune Cookie Cinn. Raisin Bread/Marg Diced Pears 1% or Skim Milk	Pizza Joe Sandwich on WG Hamburger Bun Shredded Mozzarella Cheese Seasoned Potato Wedges Italian Blend Vegetables Pineapple Tidbits 1% or Skim Milk	Cheese Ravioli in Marinara with Shredded Mozzarella Green Peas Romaine Blend Salad Dressing Pc WG Breadstick/Marg Peaches & Strawberries 1% or Skim Milk
Monday 3/28/2022	Tuesday 3/29/2022	Wednesday 3/30/2022	Thursday 3/31/2022	
Hawaiian BBQ Chicken Brown Rice Pilaf Winter Blend Heavy Hearth Roll/Marg Fruit Mix 1% or Skim Milk	Sliced Roast Beef & Gravy Mashed Potatoes Glazed Diced Beets Vienna Bread/Marg Frosted Brownie or Diet Cookies 1% or Skim Milk	Roasted Pork Chop with Apple Chutney Baked Potato Green Beans WG Dinner Roll/Marg Strawberry Shortcake or Plain Cake Square Sour Cream PC 1% or Skim Milk	Beefy Mac Casserole with Cavatappi Noodles Romaine Blend Salad/Dress Capri Blend Vegetables 100% Whole Grain Bread/Marg Mandarin Oranges 1% or Skim Milk	 * Items to be heated or microwaved at the centers

Menus subject to change