


**Eastern Nebraska Office on Aging  
Meals on Wheels  
July 2022**



				<b>Friday 7/1/2022</b>
				BBQ Pork Ribbette Mashed Potatoes & Gravy Broccoli WG Hamburger Bun Fresh Mixed Melon 1% Milk
<b>Monday 7/4/2022</b>	<b>Tuesday 7/5/2022</b>	<b>Wednesday 7/6/2022</b>	<b>Thursday 7/7/2022</b>	<b>Friday 7/8/2022</b>
  <b>Holiday Meal by reservation only.</b>	Salisbury Steak & Mushroom Gravy Mashed Potatoes Capri Blend Vegetables WG Bread/Marg Butterscotch Pudding 1% Milk	Cheesy Broccoli Chicken Breast Brown Rice Pilaf Honey Roasted Baby Carrots WG Dinner Roll/Marg Mandarin Oranges 1% Milk	Pork Fritter & Gravy 1/2 Baked Potato Mediterranean Blend Veg WG Bread Stick/Marg Sugar Cookie Sour Cream PC 1% Milk	Swedish Meatballs Hashed Potatoes Mixed Vegetables 100% Wheat Bread/Marg Peaches 1% Milk
<b>Monday 7/11/2022</b>	<b>Tuesday 7/12/2022</b>	<b>Wednesday 7/13/2022</b>	<b>Thursday 7/14/2022</b>	<b>Friday 7/15/2022</b>
Grilled Chicken Sandwich BBQ Baked Beans Potato Wedges WG Hamburger Bun Tropical Fruit 1% Milk	WG Spaghetti & Meat Sauce Italian Blend Veggies Applesauce Mixed Greens Side Salad WG Breadstick/Marg Dressing PC 1% Milk	Deli Roast Beef & Swiss Lettuce & Tomato Broccoli Salad Kaiser Bun Plain Cake Square 1% Milk	Potato Crusted Fish Green Beans Potato Medley WG Vienna Bread/Marg Rice Krispie Bar Tartar Sauce 1% Milk	Meatloaf/Tomato Gravy Cheesy Hashbrowns Peas WG Bread Slice/Marg Strawberries & Pineapple 1% Milk
<b>Monday 7/18/2022</b>	<b>Tuesday 7/19/2022</b>	<b>Wednesday 7/20/2022</b>	<b>Thursday 7/21/2022</b>	<b>Friday 7/22/2022</b>
Sliced Turkey & Gravy Mashed Potatoes Brussels Sprouts Rye Bread/Marg Fudge Round 1% Milk	Hamburger Patty BBQ Baked Beans Corn Lettuce & Tomato Apricot Halves WG Hamburger Bun 1% Milk	Italian Casserole Green Peas Cauliflower Italian Dinner Roll/Marg Ambrosia Salad 1% Milk	All Beef Jumbo Frank Seasoned Potato Wedges Diced Carrots WG Hot Dog Bun Applesauce 1% Milk	Chicken Marsala Diced Sweet Potatoes Zucchini & Tomatoes Honey Wheat Bread/Marg Chocolate Chip Cookie 1% Milk
<b>Monday 7/25/2022</b>	<b>Tuesday 7/26/2022</b>	<b>Wednesday 7/27/2022</b>	<b>Thursday 7/28/2022</b>	<b>Friday 7/29/2022</b>
BBQ Pork Sandwich Scalloped Potatoes Broccoli WG Wheat Bun Diced Pears 1% Milk	Taco Meat Potato Wedges Fiesta Corn Cheese, Tomato, Lettuce 8" Flour Tortilla Pineapple 1% Milk	Sliced Roast Beef & Gravy Mashed Potatoes Diced Beets WG Bread Slice/Marg Vanilla Pudding 1% Milk	Chicken Fried Rice Oriental Blend Vegetables Carrot Coins Cinn. Raisin Bread/Marg Peaches & Strawberries 1% Milk	Cheesy Tuna & WG Macaroni Casserole Green Peas California Blend WG Breadstick/Marg Cinnamon Apple Slices 1% Milk