

**Eastern Nebraska Office on Aging
Congregate Meals
September 2023**

 ENOA				Friday 9/1/2023 Grilled Chicken Sandwich on WG Hamburger Bun w/ Leaf Lettuce, Pickles & Sliced Tomatoes Broccoli Potato Wedges Oatmeal Cream Pie or Diet Cookies 1% or Skim Milk
Monday 9/4/2023 	Tuesday 9/5/2023 National Cheese Pizza Day Hamburger Pizza Pasta with Pepperoni & WG Pasta Green & Gold Beans Cauliflower Vanilla Pudding or Diet Pudding 1% or Skim Milk	Wednesday 9/6/2023 Oven Fried Chicken Breast Mashed Potatoes & Gravy Peas & Carrots WG Dinner Roll/Marg Fresh Orange 1% or Skim Milk	Thursday 9/7/2023 Nat. Yellow Squash Day Meatloaf with Tomato Gravy Baked Potato/Sour Cream PC Yellow Squash & Zucchini 100% Wheat Bread/Marg Cookie - Reg or Diet 1% or Skim Milk	Friday 9/8/2023 Potato Crusted Fish W/ tartar Sauce Chuckwagon Corn Potato Medley WG Petite Roll/Marg Pineapple Tidbits 1% or Skim Milk
Monday 9/11/2023 	Tuesday 9/12/2023 All Beef Chicago Dog Jumbo Frank, Sliced Tomato Pickle Spear, Diced Onion on a WG Hot Dog Bun Potato Wedges Mandarin Oranges 1% or Skim Milk	Wednesday 9/13/2023 International Chocolate Day Pork Fritter with Gravy Baked Potato/Sour Cream PC Green Peas WG Breadstick/Marg Chocolate Birthday Cake or Plain Choc. Cake Square 1% or Skim Milk	Thursday 9/14/2023 Cheesy Broccoli Chicken Breast Brown Rice Pilaf Honey Roasted Baby Carrots WG Dinner Roll/Marg Tropical Fruit Mix 1% or Skim Milk	Friday 9/15/2023 Sloppy Joe Sandwich Au gratin Potatoes Green Beans WG Hamburger Bun Fruit Mix 1% or Skim Milk
Monday 9/18/2023 Nat. Cheeseburger	Tuesday 9/19/2023 Butterscotch Pudding Day Chicken Marsala Diced Sweet Potatoes Zucchini & Tomatoes WG Dinner Roll/Marg Butterscotch Pudding or Diet Pudding 1% or Skim Milk	Wednesday 9/20/2023 Soft Shell Beef Taco Taco Meat, Shred Lettuce Diced Tomato, Shred Cheese Fiesta Corn 8" Flour Tortilla Shell Sour Cream & Taco Sauce PC Peaches & Strawberries 1% or Skim Milk	Thursday 9/21/2023 10 Grain Fish Twice Baked Mash Potatoes Green Beans WG Dinner Roll/Marg Apricot Halves Tartar Sauce PC 1% or Skim Milk	Friday 9/22/2023 Salisbury Steak in Brown Gravy Cheesy Hashbrowns Peas & Carrots WG Bread Slice/Marg Mandarin Oranges 1% or Skim Milk
Monday 9/25/2023	Tuesday 9/26/2023 Ham & Beans Carrot Coins Mixed Greens Side Salad Dressing PC Cornbread/Marg Applesauce 1% or Skim Milk	Wednesday 9/27/2023 Pulled Pork Sandwich on Kaiser Bun Scalloped Potatoes Broccoli Sliced Pears 1% or Skim Milk 	Thursday 9/28/2023 Cheeseburger Macaroni w/ WG Elbow Noodles Mixed Greens/Dressing PC Peas & Carrots WG Breadstick/Marg Fruit Cocktail 1% or Skim Milk	Friday 9/29/2023 Chicken Piccata Brown Rice Pilaf Winter Blend Vegetables Marble Bread Slice/Marg Chocolate Pudding or Diet Pudding 1% or Skim Milk

Menus are subject to Change

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