

**Eastern Nebraska Office on Aging
Grab and Go Meals**

October 2023

Monday 10/2/2023	Tuesday 10/3/2023	Wednesday 10/4/2023	Thursday 10/5/2023	Friday 10/6/2023
H Potato Crusted Fish H Diced Sweet Potatoes H Zucchini & Tomatoes C WG Dinner Roll/Marg C Tropical Fruit Mix 1% Milk	H Chunky Chicken Pot Pie H Mashed Potatoes H Mixed Vegetables C Buttermilk Biscuit/Marg C Fresh Orange 1% Milk	National Taco Day H Taco Joe Sandwich H Fiesta Bean Trio H Bread Pudding C Shredded Lettuce C WG Hamburger Bun 1% Milk	H Sweet & Sour Chicken Breast H Broccoli Cuts H Peas & Carrots C Cinn. Raisin Bread/Marg C Lemon Pudding 1% Milk	H All Beef Hot Dog with Chili Topping H Potato Wedges H Corn C WG Hot Dog Bun C Pineapple & Strawberries 1% Milk
Monday 10/9/2023	Tuesday 10/10/2023	Wednesday 10/11/2023	Thursday 10/12/2023	Friday 10/13/2023
H Chicken Cordon Bleu w/ Swiss Mornay Sauce H Whipped Potatoes H Diced Beets C WG Dinner Roll/Marg C Diced Peaches 1% Milk	Grab and Go Closed No GNG Meals Today	H Sliced Roast Beef & Brown Gravy H Mashed Potatoes H Honey Glazed Carrots C WG Dinner Roll/Marg C Plain Cake Square 1% Milk	H Seafood Chowder H Garlic & Butter Diced Reds H Country Blend Veggies C Marble Rye Bread/Marg C Fruit Mix 1% Milk	H Hamburger Patty with Garlic Mushroom Gravy H Scalloped Potatoes H Peas & Pearl Onions C 100% Wheat Bread/Marg C Mandarin Oranges 1% Milk
Monday 10/16/2023	Tuesday 10/17/2023	Wednesday 10/18/2023	Thursday 10/19/2023	Friday 10/20/2023
H Western Omelet w/ Cheese Sauce H Potatoes O'Brien H Cinnamon Applesauce C Blueberry Muffin C Fresh Orange 1% Milk	National Pasta Day H Sausage & Cavatappi in Tomato Cream Sauce H Oven Roasted Veggies H Diced Peaches C Mixed Greens/Dress PC C WG Breadstick/Marg 1% Milk	Nat. Chocolate Muffin Day H 10-Grain Fish Filet H Au gratin Potatoes H Winter Blend Vegetables C WG Dinner Roll/Marg C Choc. Choc. Chip Muffin C Tartar Sauce PC 1% Milk	H Cheesy Beef Joe Sand. H Potato Wedges H Chuckwagon Corn C WG Hamburger Bun C Sliced Apricots 1% Milk	H Chicken Breast & Chicken Gravy H Whipped Potatoes H Peas & Pearl Onions C Honey Wheat Bread/Marg C Choc. Chip Oatmeal Bar 1% Milk
Monday 10/23/2023	Tuesday 10/24/2023	Wednesday 10/25/2023	Thursday 10/26/2023	Friday 10/27/2023
H Chicken Fried Steak & Gravy H Garlic Mashed Potatoes H Country Blend Veggies C Vienna Bread Slice/Marg C Fresh Pear 1% Milk	H Swedish Meatballs H Diced Baby Red Potatoes H Stewed Tomatoes C WG Dinner Roll/Marg C Pear Slices 1% Milk	H BBQ Chicken Breast H BBQ Baked Beans H Cauliflower C WG Hamburger Bun C Fudge Round 1% Milk	H Italian Goulash with WG Elbow Noodles H Peas H Diced Peaches C Mixed Greens Salad C Ranch Dressing PC C Vienna Bread/Marg 1% Milk	National Potato Day H Salisbury Steak & Brown Gravy H 1/2 Baked Potato H Green Beans C WG Dinner Roll/Marg C Applesauce 1% Milk
Monday 10/30/2023	Tuesday 10/31/2023			
H Sweet & Sour Meatballs H Potato Medley H Mixed Vegetables C WG Dinner Roll/Marg C Tropical Fruit Mix 1% Milk	H Potato Crunch Fish Filet H Diced Sweet Potatoes H Zucchini & Tomatoes C WG Petite Roll/Marg C Pumpkin Fluff 1% Milk			