




**Eastern Nebraska Office on Aging
Congregate Menu
June 2018**

				Friday 6/1/2018
 * Items to be heated or microwaved at the centers	 Summer			Spicy Chicken Breast Sandwich Kaiser Bun Leaf Lettuce/Pickle Slices Tomato, Cucumber & Onion Salad Baked Beans Pineapple Tidbits 1% or Skim Milk
Monday 6/4/2018	Tuesday 6/5/2018	Wednesday 6/6/2018	Thursday 6/7/2018	Friday 6/8/2018
Meatball Stroganoff with Egg Noodles Green Beans* Corn O'Brien Whole Wheat Bread Slice/Marg Fresh Orange 1% or Skim Milk	Hearty Beef Stew with Vegetables Chef Mike's Bean Salad Biscuit/Margarine Fruit Cocktail 1% or Skim Milk	Chicken & Dumplings Oven Roasted Vegetables Stewed Tomatoes Vienna Bread/Margarine Apple Blueberry Muffin Square 1% or Skim Milk	Chili Dog Wheat Hot Dog Bun Shred Cheese/Diced Onion Potato Medley Marinated Vegetable Salad Strawberry Banana Applesauce 1% or Skim Milk	Sliced Roast Beef & Gravy Mashed Potatoes Peas & Carrots* Italian Roll/Margarine Peach Crisp or Diced Peaches 1% or Skim Milk
Monday 6/11/2018	Tuesday 6/12/2018	Wednesday 6/13/2018	Thursday 6/14/2018	Friday 6/15/2018
Chicken Parmesean Casserole Oven Roasted Baby Carrots Brussels Sprouts* Breadstick/Margarine Plum Halves 1% or Skim Milk	Lemon Pepper Chicken Breast Brown Rice Pilaf Glazed Diced Beets Vegetable Juice Multi Grain Bread/Margarine Mandarin Oranges 1% or Skim Milk	10 Grain Fish* w/ Tartar sauce Macaroni & Cheese Broccoli* Honey Wheat Bread/Margarine Decorated Birthday Cake or Plain White Cake 1% or Skim Milk	Beef Taco Salad Taco Meat*/Shredded Cheese Diced Tomatoes/Diced Onions Shredded Lettuce Cowboy Caviar Tortilla Chip/Sour Cream/Taco Sauce Sugar Cookie or Diet Cookies 1% or Skim Milk	Oven Roasted Pork Loin in Gravy Baked Potato/Sour Cream PC Corn Cobette Wheatberry Roll/Margarine Pineapple Upsdie Down Cake or Pineapple 1% or Skim Milk 
Monday 6/18/2018	Tuesday 6/19/2018	Wednesday 6/20/2018	Thursday 6/21/2018	Friday 6/22/2018
Meatloaf in Gravy Whipped Potatoes Green Beans* Rye Bread/Margarine Fruited Gelatin or Diet Fruited Gelatin 1% or Skim Milk	Sweet & Sour Chicken Breast Oriental Blend Vegetables* Zucchini & Tomatoes Breadstick/Margarine Fresh Banana 1% or Skim Milk	Asian Beef & Rice Casserole Asian Coleslaw Vegetable Egg Roll* Fortune Cookie Cinnamon Apples 1% or Skim Milk	Turkey Roast & Gravy Oven Roasted Baby Reds Green Peas* Wheat Bread/Margarine Chocolate Pudding or Diet Pudding 1% or Skim Milk	Beef & Tater Tot Casserole Diced Carrots* Romain Blend Salad/Dressing Dinner Roll/Margarine Spiced Pear Slices or Diced Pears 1% or Skim Milk
Monday 6/25/2018	Tuesday 6/26/2018	Wednesday 6/27/2018	Thursday 6/28/2018	Friday 6/29/2018
Beef & Bean Burrito w/ Cheese Sauce Taco Sauce PC Refried Beans Romain Blend Salad/Dressing Fruit Cake or Plain White Cake 1% or Skim Milk	Pork Chop & Gravy Whipped Potatoes Mixed Vegetables* Dinner Roll/Margarine Mandarin Oranges 1% or Skim Milk	Classic Cheeseburger* on Hamburger Bun Lettuce/Sliced Tomato Sliced Red Onion/Sliced Pickles Seasoned Potato Wedges* Oatmeal Raisin Cookie or Diet Cookies 1% or Skim Milk	Jambalya Dirty Rice Chuckwagon Corn* Wheatberry Roll/Marg Sliced Peaches 1% or Skim Milk	Ham* w/ citrus glaze Au Gratin Potatoes Green Peas* Breadstick/Margarine Tropical Fruit 1% or Skim Milk

Menus may be subject to change