


**Eastern Nebraska Office on Aging
Meals on Wheels Menu
June 2018**

				Friday 6/1/2018
				Spicy Chicken Breast Baked Beans Cauliflower Hamburger Bun Pineapple 1% Milk
Monday 6/4/2018	Tuesday 6/5/2018	Wednesday 6/6/2018	Thursday 6/7/2018	Friday 6/8/2018
Meatball Strog. & Noodle Green Beans Corn O'Brien Whole Wheat Bread/Marg Fresh Orange 1% Milk	Beef Stew w/ Vegetables Whipped Potatoes Biscuit Chef Mike's Bean Salad Fruit Cocktail 1% Milk	Chicken & Dumplings Oven Roasted Vegetables Stewed Tomatoes Vienna Bread Slice/Margarine Apple Blueberry Muffin 1% Milk	Chili Dog Peas Potato Medley Wheat Hot Dog Bun Strawberry Applesauce 1% Milk	Sliced Roast Beef & Gravy Mashed Potatoes Peas & Carrots Italian Roll/Marg Diced Peaches 1% Milk
Monday 6/11/2018	Tuesday 6/12/2018	Wednesday 6/13/2018	Thursday 6/14/2018	Friday 6/15/2018
Chicken Parmesean Cass. Oven Roasted Baby Carrots Brussels Sprouts Breadstick/Marg Plum Halves 1% Milk	Lemon Pepper Chicken Breast Brown Rice Pilaf Glazed Diced Beets Multi Grain Bread/Marg Mandarin Oranges 1% Milk	10 Grain Fish Mac & Cheese Broccoli Honey Wheat Bread/Marg White Cake Square 1% Milk Tartar Sauce	Beef Patty & Fiesta Cheese Sauce Mexican Beans Cheesy Whipped Potatoes Breadstick/Marg Sugar Cookies 1% Milk	Oven Roast Pork Loin & Gravy 1/2 Baked Potato Corn Wheatberry Roll/Marg Pineapple Sour Cream PC 1% 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/Marg Fruited Gelatin 1% Milk	Sweet & Sour Chicken Breast Oriental Blend Vegetables Zucchini & Tomatoes Breadstick/Marg Fresh Fruit 1% Milk	Asian Beef & Rice Cass. Vegetable Egg Roll Cinnamon Apples Asian Coleslaw Wheat Bread 1% Milk	Turkey Roast & Gravy Oven Roasted Baby Reds Green Peas Wheat Bread/Marg Chocolate Pudding 1% Milk	Beef & Potato Casserole Diced Carrots Spiced Peas Roman Blend Salad Dressing PC Dinner Roll/Marg 1% 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 Spanish Rice Refried Beans Fruit Cake Taco Sauce PC 1% Milk	Pork Chop & Gravy Whipped Potatoes Mixed Vegetable Dinner Roll/Marg Mandarin Oranges 1% Milk	Hamburger Patty Seasoned Potato Wedges Carrots Lettuce & Sliced Tomato Oatmeal Raisin Cookie Hamburger Bun 1% Milk	Jamabalya Dirty Rice Chuckwagon Corn Wheatberry Roll/Marg Sliced Peaches 1% Milk	Ham w/ Citrus Glaze Green Peas Au Gratin Potato Breadstick/Marg Tropical Fruit 1% Milk

Menus may be subject to change