

**Eastern Nebraska Office on Aging  
Meals on Wheels Menu  
July 2017**

<b>Monday 7/2/2018</b>	<b>Tuesday 7/3/2018</b>	<b>Wednesday 7/4/2018</b>	<b>Thursday 7/5/2018</b>	<b>Friday 7/6/2018</b>
Tuna & Noodle Casserole Green Peas Stewed Tomatoes Wheat Dinner Roll/Margarine Banana 1% Milk	BBQ Pork Rib Patty Corn Baked Beans Coney Bun Red & Blue Jello Cake 1% Milk	<b>Holiday meals by reservation only</b>  Independence Day U.S.A.	Roast Beef & Gravy Whipped Potatoes Broccoli Wheat Bread/Margarine Diced Peaches 1% Milk	Chicken Marsala Garlic Whip Potatoes Italian Blend Veggies Breadstick/Margarine Frosted Brownie 1% Milk
<b>Monday 7/9/2018</b>	<b>Tuesday 7/10/2018</b>	<b>Wednesday 7/11/2018</b>	<b>Thursday 7/12/2018</b>	<b>Friday 7/13/2018</b>
Teriyaki Glazed Meatball over Brown Rice Pilaf Japanese Blend Vegetables Diced Carrots Vienna Bread/Margarine Tropical Fruit 1% Milk	Turkey Tetrazini Green Beans Oven Roasted Vegetables Italian Roll/Margarine Diced Pears 1% Milk	Roast Pork Loin & Pineapple Salsa Herb Roast Baby Reds Broccoli Petite Roll/Margarine White Cake Square 1% Milk	Grilled Chicken Breast w/ Lettuce & Tomato Seasoned Potato Wedges Green & Gold Beans Wheat Hamburger Bun Mandarin Oranges 1% Milk	Cod Loin in Pesto Sauce Potato Medley Zucchini & Tomatoes Wheat Bread/Margarine Cinnamon Applesauce 1% Milk
<b>Monday 7/16/2018</b>	<b>Tuesday 7/17/2018</b>	<b>Wednesday 7/18/2018</b>	<b>Thursday 7/19/2018</b>	<b>Friday 7/20/2018</b>
Diced Turkey & Gravy Mashed Potatoes Mixed Vegetables Cornbread/Margarine Sliced Apricots 1% Milk	Spaghetti Casserole Chuckwagon Corn Garlic Bread Romaine Blend Salad w/ Dressing Fresh Orange 1% Milk	Fiesta Chicken Breast w/ Pepperjack Cheese Sauce Mexican Rice Capri Vegetables Dinner Roll/Margarine Fruit Cocktail 1% Milk	Meatloaf in Brown Gravy 1/2 Baked Potato Oregon Blend Veggies Pumpkin/Margarine Sliced Peaches Sour Cream 1% Milk	Pulled Pork Scalloped Potatoes Peas Wheat Hamburger Bun Chocolate Chip Cookie 1% Milk
<b>Monday 7/23/2018</b>	<b>Tuesday 7/24/2018</b>	<b>Wednesday 7/25/2018</b>	<b>Thursday 7/26/2018</b>	<b>Friday 7/27/2018</b>
Polish Sausage Sauerkraut Roast Red Skin Potatoes Marble Rye/Margarine Lemon Pudding 1% Milk	Potato Crunch Fish Filet Cheesy Hashbrowns Country Blend Vegetables Breadstick/Margarine Fresh Apple Tartar Sauce PC 1% Milk	Oven Roasted Turkey w/ Turkey Gravy Herb Mashed Potatoes Sliced Carrots Wheat Roll/Margarine White Cake Square 1% Milk	Pork Chop Fritter w/ Gravy Roasted Sweet Potatoes Cauliflower Wheatberry Roll/Margarine Pineapple Tidbits 1% Milk	Hamburger Patty Baked Beans Cinnamon Apple Slices Lettuce & Sliced Tomato Wheat Hamburger Bun 1% Milk
<b>Monday 7/30/2018</b>	<b>Tuesday 7/31/2018</b>			
Oven Fried Chicken Breast Scalloped Potatoes Brussels Sprouts Wheat Bread/Marg Sugar Cookie 1% Milk	Taco Meat Mexican Beans Fiesta Corn Lettuce, Tomato, Cheese Flour Tortilla Diced Peaches Taco Sauce 1% Milk			

Menus may be subject to change