
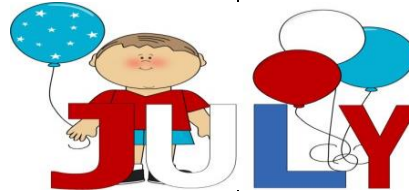



**Eastern Nebraska Office on Aging  
Congregate Menu  
July 2018**

<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>
<p>Creamy Tuna &amp; Noodles Green Peas* Stewed Tomatoes Wheat Dinner Roll/Margarine Banana 1% or Skim Milk</p>	<p>BBQ Ribette on a Coney Bun Corn Cobette Marinated Vegetable Salad Red &amp; Blue Jello Cake or Diet Jello Cake 1% or Skim Milk</p>	 <b>INDEPENDENCE</b> <i>Day</i>  <b>Senior Centers Closed</b>	<p>Open-Faced Roast Beef &amp; Gravy over Wheat Bread Whipped Potatoes Romain Blend Salad w/ Dressing Diced Peaches 1% or Skim Milk</p>	<p>Chicken Marsala Garlic Whip Potatoes Italian Vegetables* Breadstick/Margarine Frosted Brownie or Diet Cookies 1% or Skim Milk</p>
<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>
<p>Teriyaki Glazed Meatballs over Brown Rice Pilaf Japanese Blend Vegetables* Diced Carrots Vienna Bread/Margarine Fortune Cookies Tropical Fruit 1% or Skim Milk</p>	<p>Turkey Tetrazini Green Beans* Oven Roasted Vegetables Italian Roll/Margarine Diced Pears 1% or Skim Milk</p>	<p>Oven Roasted Pork Loin with Pinnapple Salsa Herb Roasted Baby Reds Broccoli Salad Petite Roll/Margarine Decorated Birthday Cake or Plain White Cake 1% or Skim Milk</p>	<p>Grilled Chicken Sandwich w/ Leaf Lettuce, Sliced Tomato Seasoned Potato Wedges* Green &amp; Gold Beans* Hamburger Bun Mandarin Oranges 1% or Skim Milk</p>	<p>Cod Loin in Pesto Cream Sauce Potato Medley Zucchini &amp; Tomatoes* Wheat Bread/Margarine Cinnamon Applesauce 1% or Skim Milk</p>
<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>
<p>Diced Turkey &amp; Gravy over Mashed Potatoes Mixed Vegetables* Corn Bread/Margarine Honey Sliced Apricots 1% or Skim Milk</p>	<p>Spaghetti Casserole Chuckwagon Corn* Romain Blend Salad/Dressing Garlic Bread Fresh Orange 1% or Skim Milk</p>	<p>Fiesta Chicken Breast w/ Pepperjack Cheese Sauce Mexican Rice Cowboy Caviar Dinner Roll/Margarine Fruit Cocktail 1% or Skim Milk</p>	<p>Meatloaf in Brown Gravy Baked Potato/Sour Cream Oregon Blend Vegetables* Pumpernickle/Margarine Peach Cobbler or Sliced Peaches 1% or Skim Milk</p>	<p>Pulled Pork Sandwich on Wheat Hamburger Bun Scalloped Potatoes Sweet Pepper Coleslaw Chocolate Chip Cookie or Diet Cookies 1% or Skim Milk</p>
<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>
<p>Polish Sausage* Sauerkraut Red Skin Potatoes Marble Rye/Margarine Lemon Pudding or Diet Pudding 1% or Skim Milk</p>	<p>Potato Crunch Fish Filet* w/ Tarter Sauce Cheesy Hashbrowns Country Blend Vegetables* Breadstick/Margarine Fresh Fruit 1% or Skim Milk</p>	<p>Oven Roasted Turkey w/Gravy Herb Mashed Potatoes Sliced Carrots* Wheat Roll/Margarine Strawberry Shortcake or Plain White Cake 1% or Skim Milk</p>	<p>Pork Chop Fritter*w/ Gravy Baked Sweet Potato Cauliflower* Wheatberry Roll/Margarine Pineapple Tidbits 1% or Skim Milk</p>	<p>Cheeseburger* on a Wheat Hamburger Bun w/ Leaf Lettuce, Tomato, Red Onions &amp; Pickle Slices Baked Beans Cinnamon Apples 1% or Skim Milk</p>
<b>Monday 7/30/2018</b>	<b>Tuesday 7/31/2018</b>			 * Items to be heated or microwaved at the centers
<p>Oven Fried Chicken Breast* Scalloped Potatoes Brussels Sprouts* Wheat Bread/Margarine Sugar Cookie or Diet Cookies 1% or Skim Milk</p>	<p>Soft Shell Beef * Taco w/ Shredded Cheese, Lettuce &amp; Tomatoes Sour Cream &amp; Taco Sauce PC Cowboy Caviar Fiesta Corn Diced Peaches 1% or Skim Milk</p>			

Menus may be subject to change