

**Eastern Nebraska Office on Aging
Congregate Menu
March 2019**

 <p>* Items to be heated or microwaved at the centers</p>				<p align="center">Friday 3/1/2019</p> <p>Hawaiian BBQ Chicken w/ Brown Rice Pilaf Broccoli* Romaine Blend Salad/Dress Heavy Hearth Roll/Margarine Pineapple Tidbits 1% or Skim Milk</p>
<p align="center">Monday 3/4/2019</p> <p>Pork Fritter* Mashed Potatoes & Gravy Brussels Sprouts* Marble Bread/Margarine Carrifruit Salad 1% or Skim Milk</p>	<p align="center">Tuesday 3/5/2019</p> <p>Meatballs w/ Onion Gravy Baked Potato/Sour Cream PC Stewed Tomatoes Honey Wheat Bread/Margarine Blueberry Muffin Square or Diet Cookies 1% or Skim Milk</p>	<p align="center">Wednesday 3/6/2019</p> <p>Baked Cod Loin in Citrus Cream Sauce Baked Sweet Potatoes Green Beans* Pumpernickle Bread/Marg Apricot Halves 1% or Skim Milk</p>	<p align="center">Thursday 3/7/2019</p> <p>Ham & Scalloped Potatoes Winter Blend* Wheatberry Roll/Margarine Cinnamon Apple Slices 1% or Skim Milk</p>	<p align="center">Friday 3/8/2019</p> <p>Breaded Fish*on a WG Bun w/Lettuce,Tomato & Tartar Sauce Creamed Corn Carrot Coins* Fruited Gelatin or Diet Fruited Gelatin 1% or Skim Milk</p>
<p align="center">Monday 3/11/2019</p> <p>California Cheesy Chicken & Brown Rice Casserole Romaine Blend Salad/Dress WG Dinner Roll/Margarine Applesauce 1% or Skim Milk</p>	<p align="center">Tuesday 3/12/2019</p> <p>Soft Shell Beef* Taco w/ Shredded Cheese, Shred Lettuce, & Diced Tomato Fiesta Corn Sour Cream & Taco Sauce Sliced Peaches 1% or Skim Milk</p>	<p align="center">Wednesday 3/13/2019</p> <p>Turkey Breast & Gravy Potato Medley Zuchinni & Tomatoes* WG Dinner Roll/Margarine Decorated Birthday Cake or Plain Cake Square 1% or Skim Milk</p>	<p align="center">Thursday 3/14/2019</p> <p>Breaded Chicken* on WG Hamburger Bun w/ Lettuce & Tomato Twice Baked Whipped Potatoes Mixed Vegetables* Cherry Vanilla Yogurt or Diet Pudding 1% or Skim Milk</p>	<p align="center">Friday 3/15/2019</p> <p>Corned Beef* Cabbage & Carrots Roasted Whole Baby Reds Rye Bread/Margarine Emerald Pudding or Diet Pudding 1% or Skim Milk</p>
<p align="center">Monday 3/18/2019</p> <p>Sliced Roast Beef & Gravy Garlic Mashed Potatoes Glazed Beets Vienna Bread/Margarine Frosted Brownie or Diet Cookies 1% or Skim Milk</p>	<p align="center">Tuesday 3/19/2019</p> <p>Chicken Tenders* Spinach Casserole Potato Medley WG Breadstick/Margarine Diced Peaches 1% or Skim Milk</p>	<p align="center">Wednesday 3/20/2019</p> <p>Cheeseburger on a Wheat Bun w/ Leaf Lettuce, Tomato, Red Onions & Pickle Slices Baked Beans Fruited Gelatin or Diet Fruited Gelatin 1% or Skim Milk</p>	<p align="center">Thursday 3/21/2019</p> <p>Beefy Mac Casserole with Cavatapi Noodles Romaine Blend Salad/Dress Capri Blend Vegetables* 100% Whole Grain Bread/Marg Mandarin Oranges 1% or Skim Milk</p>	<p align="center">Friday 3/22/2019</p> <p>10 Grain Fish Filet* w/ Tartar Sauce Oven Roasted Potatoes Oven Roasted Vegetables* Italian Roll/Margarine Fruit Cocktail 1% or Skim Milk</p>
<p align="center">Monday 3/25/2019</p> <p>Ham & Northern Beans Roasted Baby Carrots Cornbread/Margarine Cherry Cobbler or Pear Slices 1% or Skim Milk</p>	<p align="center">Tuesday 3/26/2019</p> <p>Chicken with Supreme Sauce Cheesy Whip Potato Broccoli* Rye Bread Slice/Margarine Tapioca Pudding or Diet Pudding 1% or Skim Milk</p>	<p align="center">Wednesday 3/27/2019</p> <p>Teriyaki Meatballs over Asian White Rice Oriental Blend Vegetables* Cauliflower Fortune Cookie Cinn. Raisin Bread/Margarine Diced Pears 1% or Skim Milk</p>	<p align="center">Thursday 3/28/2019</p> <p>Pizza Joe Sandwich on WG Hamburger Bun Shredded Mozzarella Cheese Seasoned Potato Wedges* Italian Blend Vegetables* Pineapple Tidbits 1% or Skim Milk</p>	<p align="center">Friday 3/29/2019</p> <p>Cheese Ravioli w/ Marinara Sauce & Mozz Ch Green Beans* Romaine Blend Salad/Drsg WG Breadstick/Marg Plum Halves 1% or Skim Milk</p>

Menus may be subject to change