

**Eastern Nebraska Office on Aging
Meals on Wheels Menu
March 2019**

Monday	Tuesday	Wednesday	Thursday	Friday 3/1/2019
				Hawaiian BBQ Chicken over Brown Rice Pilaf Broccoli Green Peas Heavy Hearth Roll/Margarine Pineapple Tidbits 1% Milk
Monday 3/4/2019	Tuesday 3/5/2019	Wednesday 3/6/2019	Thursday 3/7/2019	Friday 3/8/2019
Pork Fritter & Gravy Mashed Potatoes Brussels Sprouts Marble Bread/Margarine Carrifruit Salad 1% Milk	Meatballs with Onion Gravy 1/2 Baked Potato Stewed Tomatoes Honey Wheat Bread/Marg Blueberry Muffin Square Sour Cream PC 1% Milk	Baked Cod Loin in Citrus Cream Sauce Baked Sweet Potatoes Green Beans Pumpernickle Bread/Marg Apricot Halves 1% Milk	Ham & Scalloped Potato Winter Blend Cinnamon Apple Slices Wheatberry Roll/Margarine 1% Milk	Breaded Fish Sandwich Creamed Corn Carrot Coins WG Hamburger Bun Fruited Gelatin Tartar Sauce PC 1% Milk
Monday 3/11/2019	Tuesday 3/12/2019	Wednesday 3/13/2019	Thursday 3/14/2019	Friday 3/15/2019
California Cheesy Chicken & Brown Rice Casserole Green Beans Applesauce WG Dinner Roll/Margarine 1% Milk	Taco Meat Fiesta Corn Peach Slices Lettuce/Tomato/Cheese 8" Flour Tortilla Taco Sauce PC 1% Milk	Turkey Breast & Gravy Potato Medley Zuchinni & Tomatoes WG Dinner Roll/Marg Plain Cake Square 1% Milk	Breaded Chicken Patty Twice Baked Whip Potato Mixed Vegetables WG Hamburger Bun Cherry Vanilla Yogurt PC 1% Milk	Potato Crunch Fish Filet Diced Baby Reds Cabbage & Carrots Rye Bread/Marg Emerald Pudding Tartar Sauce PC 1% Milk
Monday 3/18/2019	Tuesday 3/19/2019	Wednesday 3/20/2019	Thursday 3/21/2019	Friday 3/22/2019
Sliced Roast Beef/Gravy Garlic Mashed Potatoes Glazed Beets Vienna Bread/Marg Frosted Brownie 1% Milk	Chicken Tenders Spinach Casserole Potato Medley WG Breadstick/Marg Diced Peaches 1% Milk	Hamburger Patty Baked Beans Mixed Vegetables Leaf Lettuce & Tomato Wheat Hamburger Bun Fruited Gelatin 1% Milk	Beefy Mac Casserole with Cavatapi Noodles Corn Capri Blend Veggies 100% Wheat Bread/Marg Mandarin Oranges 1% Milk	10 Grain Fish Filet Oven Roasted Vegetables Oven Roasted Potatoes Italian Roll/Marg Fruit Cocktail Tartar Sauce PC 1% Milk
Monday 3/25/2019	Tuesday 3/26/2019	Wednesday 3/27/2019	Thursday 3/28/2019	Friday 3/29/2019
Ham & Northern Beans Roasted Baby Carrots Cherry Cobbler Cornbread/Marg 1% Milk	Chicken Breast with Supreme Sauce Cheesy Whip Potatoes Broccoli Rye Bread/Marg Tapioca Pudding 1% Milk	Teriyaki Meatballs over Asian White Rice Oriental Blend Veggies Cauliflower Cinn. Raisin Bread/Marg Diced Pears 1% Milk	Pizza Joe Beef Seasoned Potato Wedges Italian Blend Veggies WG Hamburger Bun Pineapple Tidbits 1% Milk	Cheese Ravioli with Marinara Sauce Green Beans Diced Carrots WG Breadstick/Marg Plum Hlaves 1% Milk

Menus may be subject to change