

**Eastern Nebraska Office on Aging  
Congregate Meals  
April 2019**

Monday 4/1/2019	Tuesday 4/2/2019	Wednesday 4/3/2019	Thursday 4/4/2019	Friday 4/5/1949
Sweet & Sour Chicken Breast Brown Rice Pilaf Cauliflower* WG Egg Roll Cinnamon Raisin Bread/Marg Mandarin Oranges  1% or Skim Milk	BBQ Pork Rib Patty BBQ Baked Beans Creamed Corn WG Coney Bun Pineapple & Strawberries 1% or Skim Milk	Creamed Chicken Gravy over Biscuit Diced Sweet Potatoes Green Beans* Raspberry Muffin Square or Diet Cookies 1% or Skim Milk	Meatloaf in Gravy Ranch Mashed Potatoes Carrot Coins* Sourdough Roll/Margarine Oatmeal Cream Pie or Diet Cookies 1% or Skim Milk	<b>Breakfast for Lunch!</b> Cheese Omelet* Chef Mike's Cheese Sauce Breakfast Potatoes Fresh Banana Orange Juice Cinnamon Roll 1% or Skim Milk
Monday 4/8/2019	Tuesday 4/9/2019	Wednesday 4/10/2019	Thursday 4/11/2019	Friday 4/12/2019
Sloppy Joe Sandwich on WG Hamburger Bun Tater Tots* Mixed Vegetables* Tropical Fruit Mix 1% or Skim Milk	Cheesy Chicken Breast Mexican Rice Mexican Bean Trio WG Tortilla Chips Fruit Cocktail 1% or Skim Milk	Sliced Roast Beef & Gravy Mashed Potatoes Roasted Baby Carrots Honey Wheat Bread/Marg Decorated Birthday Cake or Plain Cake Square 1% or Skim Milk	Ham & Au gratin Potatoes Broccoli* WG Dinner Roll/Margarine Cinnamon Pear Slices 1% or Skim Milk	Baked Cod Loin in Pesto Cream Sauce Baked Sweet Potato Green Peas* Marble Bread/Margarine Chocolate Pudding or Diet Pudding 1% or Skim Milk
Monday 4/15/2019	Tuesday 4/16/2019	Wednesday 4/17/2019	Thursday 4/18/2019	Friday 4/19/2019
Lemon Pepper Chicken Breast over Brown Rice Zucchini & Tomatoes* WG Breadstick/Marg Ambrosia Fruit Salad 1% or Skim Milk	Cheeseburger Meatloaf* Sandwich on WG Bun w/ Leaf Lettuce, Sliced Tomato Red Onion & Pickle Slices Cheesy Hashbrowns Chocolate Chip Muffin or Diet Cookies 1% or Skim Milk	Roast Pork Loin & Gravy Baked Potato/Sour Cream PC Winter Blend Vegetables* WG Dinner Roll/Margarine Strawberry Shortcake w/ Whipped Topping or Plain White Cake 1% or Skim Milk <b>Easter Dinner</b> 	Swedish Meatballs Roasted Diced Baby Reds Diced Beets* Petite Roll/Margarine Cinnamon Applesauce 1% or Skim Milk	Italian Seafood Pasta w/ Creamy White Sauce Romaine Blend Salad/DressPC Brussels Sprouts* WG Breadstick/Margarine Diced Peaches 1% or Skim Milk
Monday 4/22/2019	Tuesday 4/23/2019	Wednesday 4/24/2019	Thursday 4/25/2019	Friday 4/26/2019
Ball Park Bratwurst* Shredded Sauerkraut* Cheesy Hashbrowns WG Mini Hoagie Bun Fresh Orange 1% or Skim Milk	Beef Ravioli with Marinara Sauce Capri Blend Vegetables* Romaine Blend Salad/Dress Garlic Bread Fruit Mix 1% or Skim Milk	Country Fried Steak* w/ Country Gravy Mashed Potatoes Green Beans* Vienna Bread Slice/Margarine Peanut Butter Cookie or Diet Cookies 1% or Skim Milk	Taco Salad Taco Meat*, Shred Cheese, Diced Tomato, Diced Onion over Iceberg Lettuce Refried Beans Cornbread/Margarine Pineapple Tidbits 1% or Skim Milk	Ground Beef Stew Baked Potato/Sour Cream PC Cheesy Broccoli* WG Mini Biscuit/Margarine Jell-O Cake or Diet Jell-O Cake 1% or Skim Milk
Monday 4/29/2019	Tuesday 4/30/2019			
Turkey Tetrazini with WG Pasta Green Peas* Chuckwagon Corn WG Dinner Roll/Margarine Diced Peaches 1% or Skim Milk	All Beef Chili Dog w/ Shredded Cheese Diced Baby Red Potatoes Cauliflower & Carrots* WG Hot Dog Bun Sliced Pears 1% or Skim Milk			* Items to be heated or microwaved at the centers
Menus subject to change				