



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

Monday 6/3/2019	Tuesday 6/4/2019	Wednesday 6/5/2019	Thursday 6/6/2019	Friday 6/7/2019
Creamed Chicken Gravy over Biscuit Cheesy Hashbrowns Brussels Sprouts* Raspberry Muffin Square or Diet Cookies 1% or Skim Milk	Breakfast for Lunch! Cheese Omelet* Chef Mike's Cheese Sauce Breakfast Potatoes Fresh Banana Orange Juice Cinnamon Roll 1% or Skim Milk	Cheesy Chicken Breast Mexican Rice Mexican Bean Trio WG Tortilla Chips Fruit Cocktail 1% or Skim Milk	BBQ Pork Rib Patty BBQ Baked Beans Creamed Corn WG Coney Bun Pineapple & Strawberries 1% or Skim Milk	Meatloaf in Gravy Mashed Potatoes Zucchini & Tomatoes* WG Dinner Roll/Marg Oatmeal Cream Pie or Diet Cookies 1% or Skim Milk
Monday 6/10/2019	Tuesday 6/11/2019	Wednesday 6/12/2019	Thursday 6/13/2019	Friday 6/14/2019
Country Fried Steak* w/ Country Gravy Mashed Potatoes Oregon Blend Vegetables* Vienna Bread Slice/Marg Diced Peaches 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	Fire Braised Chicken Breast Garlic Mashed Potatoes Mixed Vegetables* WG Dinner Roll/Margarine Decorated Birthday Cake or Plain Cake Square 1% or Skim Milk	All Beef Chili Dog w/ Shredded Cheese Diced Baby Red Potatoes Cauliflower & Carrots* WG Hot Dog Bun Tropical Fruit 1% or Skim Milk	Ham & Au gratin Potatoes Broccoli* WG Dinner Roll/Marg Cinnamon Pear Slices 1% or Skim Milk
Monday 6/17/2019	Tuesday 6/18/2019	Wednesday 6/19/2019	Thursday 6/20/2019	Friday 6/21/2019
Sweet & Sour Chicken Breast Brown Rice Pilaf Cauliflower* WG Egg Roll* Cinnamon Raisin Bread/Marg Mandarin Oranges 1% or Skim Milk	Meatball Stroganoff w/ Egg Noodles Diced Beets* Romaine Blend Salad/Dress Petite Roll/Margarine Cinnamon Applesauce 1% or Skim Milk	Cheeseburger Meatloaf* Sandwich on WG Bun w/ Leaf Lettuce, Sliced Tomato Red Onion & Pickle Slices Potato Medley Peanut Butter Cookie or Diet Cookies 1% or Skim Milk	Oven Roasted Pork Loin in Pork Gravy Twice Baked Whipped Potato Crinkle Cut Carrots* WG Dinner Roll/Margarine Bread Pudding or Diet Pudding 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
Monday 6/24/2019	Tuesday 6/25/2019	Wednesday 6/26/2019	Thursday 6/27/2019	Friday 6/28/2019
Ball Park Bratwurst* Shredded Sauerkraut* Cheesy Hashbrowns WG Mini Hoagie Bun Fresh Orange 1% or Skim Milk	Lemon Pepper Chicken Breast over White Citrus Rice California Blend Vegetables* WG Breadstick/Margarine Ambrosia Fruit Salad 1% or Skim Milk	Beef Ravioli with Marinara Sauce Capri Blend Vegetables* Romaine Blend Salad/Dress Garlic Bread Fruit Mix 1% or Skim Milk	Turkey Tetrazini with WG Pasta Green Peas* Chuckwagon Corn WG Breadstick/Margarine Chocolate Chip Muffin or Diet Cookies 1% or Skim Milk	Sloppy Joe Sandwich on WG Hamburger Bun Tater Tots* Mixed Vegetables* Tropical Fruit Mix 1% or Skim Milk
 <p>* Items to be heated or microwaved at the centers</p>				

Menus Subject to Change