

**Eastern Nebraska Office on Aging
Meals on Wheels 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 Cheesy Hashbrowns Brussels Sprouts Biscuit Raspberry Muffin Square 1% Milk	Tuna & Noodle Cass. Green Beans Glazed Diced Beets WG Bread Slice/Marg Applesauce 1% Milk	Cheesy Chicken Breast Mexican Rice Mexican Bean Trio WG Breadstick/Marg Fruit Cocktail 1% Milk	BBQ Pork Rib Patty BBQ Baked Beans Creamed Corn WG Coney Bun Pineapple & Strawberries 1% Milk	Meatloaf in Gravy Mashed Potatoes Zucchini & Tomatoes WG Dinner Roll/Marg Oatmeal Cream Pie 1% 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 Veggies Vienna Bread Slice/Marg Diced Peaches 1% Milk	Baked Cod Loin in Pesto Cream Sauce Diced Sweet Potatoes Green Peas Marble Bread/Marg Chocolate Pudding 1% Milk	Fire Braised Chicken Breast Garlic Mashed Potatoes Mixed Vegetables WG Dinner Roll/Marg Plain Cake Square 1% Milk	All Beef Chili Dog Diced Baby Red Potatoes Cauliflower & Carrots WG Hot Dog Bun Tropical Fruit 1% Milk	Ham & Au gratin Potatoes Broccoli Cinnamon Pear Slices WG Dinner Roll/Marg 1% Milk
Monday 6/17/2019	Tuesday 6/18/2019	Wednesday 6/19/2019	Thursday 6/20/2019	Friday 6/21/2019
Sweet & Sour Chicken Brown Rice Pilaf Cauliflower Egg Roll Cinnamon Raisin Bread Mandarin Oranges 1% Milk	Meatball Stroganoff w/ Egg Noodles Diced Beets Cinnamon Applesauce Romaine Blend Salad Petite Roll/Marg Ranch Dressing PC 1% Milk	Cheeseburger Meatloaf Potato Medley Mixed Vegetables Leaf Lettuce & Tomato WG Hamuburger Bun Peanut Butter Cookie 1% Milk	Roasted Pork Loin in Pork Gravy Twice Baked Whip Potato Crinkle Cut Carrots WG Dinner Roll/Marg Bread Pudding 1% Milk	Taco Casserole w/ Veg Corn Glazed Pineapple WG Dinner Roll/Marg 1% 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% Milk	Lemon Pepper Chicken Breast White Citrus Rice California Blend Veggies WG Breadstick/Marg Ambrosia Fruit Salad 1% Milk	Beef Ravioli & Marinara Capri Blend Vegetables Brussel Sprouts Hearth Roll/Marg Fruit Mix 1% Milk	Turkey Tetrazini with WG Pasta Green Peas Chuckwagon Corn WG Breadstick/Marg Chocolate Chip Muffin 1% Milk	Sloppy Joe Sandwich Seasoned Potato Wedges Mixed Vegetables WG Hamburger Bun Tropical Fruit Mix 1% Milk

Menus subject to change