

**Eastern Nebraska Office on Aging**

**May 2019**

**Congregate Menus**

<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
 * Items to be heated or microwaved at the centers		<b>Breakfast for Lunch!</b> Cheese Omelet* Chef Mike's Cheese Sauce Breakfast Potatoes Fresh Banana Orange Juice Cinnamon Roll 1% or Skim Milk	Meatloaf in Gravy Ranch Mashed Potatoes Green Beans* Sourdough Roll/Marg Oatmeal Cream Pie or Diet Cookies 1% or Skim Milk	Cheesy Chicken Breast Mexican Rice Mexican Bean Trio WG Tortilla Chips Chocolate Pudding or Diet Pudding 1% or Skim Milk
<b>Monday</b> <b>5/6/2019</b>	<b>Tuesday</b> <b>5/7/2019</b>	<b>Wednesday</b> <b>5/8/2019</b>	<b>Thursday</b> <b>5/9/2019</b>	<b>Friday</b> <b>5/10/2019</b>
BBQ Pork Rib Patty BBQ Baked Beans Creamed Corn WG Coney Bun Pineapple & Strawberries 1% or Skim Milk	Creamed Chicken Gravy over Biscuit Potato Medley Winter Blend Vegetable* Raspberry Muffin Square or Diet Cookies 1% or Skim Milk	Baked Ham* with Citrus Glaze Baked Potato/Sour Cream PC Carrot Coins* Honey Wheat Bread/Marg Decorated Birthday Cake or Plain Cake Square 1% or Skim Milk	Baked Cod Loin in Pesto Cream Sauce Baked Sweet Potato Green Peas* Marble Bread/Margarine Mandarin Oranges 1% or Skim Milk	Cheeseburger Meatloaf* Sandwich on WG Bun w/ Leaf Lettuce, Sliced Tomato Red Onion & Pickle Slices Cheesy Hashbrowns Fruit Mix 1% or Skim Milk
<b>Monday</b> <b>5/13/2019</b>	<b>Tuesday</b> <b>5/14/2019</b>	<b>Wednesday</b> <b>5/15/2019</b>	<b>Thursday</b> <b>5/16/2019</b>	<b>Friday</b> <b>5/17/2019</b>
Ham & Au gratin Potatoes Broccoli* WG Dinner Roll/Marg Cinnamon Pear Slices 1% or Skim Milk	Country Fried Steak* w/ Country Gravy Mashed Potatoes Corn * Vienna Bread Slice/Marg Peanut Butter Cookie 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	Lemon Pepper Chicken Breast over Brown Rice Zucchini & Tomatoes* WG Breadstick/Margarine Ambrosia Fruit Salad 1% or Skim Milk	Beef Ravioli with Marinara Sauce Romaine Blend Salad/Dress PC Brussels Sprouts* Garlic Bread Chocolate Chip Muffin or Diet Cookies 1% or Skim Milk
<b>Monday</b> <b>5/20/2019</b>	<b>Tuesday</b> <b>5/21/2019</b>	<b>Wednesday</b> <b>5/22/2019</b>	<b>Thursday</b> <b>5/23/2019</b>	<b>Friday</b> <b>5/24/2019</b>
All Beef Chili Dog w/ Shredded Cheese Diced Baby Red Potatoes Cauliflower & Carrots* WG Hot Dog Bun Peach Yogurt PC or Diet Pudding 1% or Skim Milk	Turkey Tetrazini with WG Pasta Green Peas* Chuckwagon Corn WG Dinner Roll/Marg Diced Peaches 1% or Skim Milk	Swedish Meatballs Scalloped Potatoes Diced Beets* Petite Roll/Margarine Strawberry Applesauce 1% or Skim Milk	Sliced Roast Beef & Gravy Mashed Potatoes Roasted Baby Carrots Heavy Hearth Roll/Marg Fruit Cobbler or Plain Cake Square 1% or Skim Milk	Sweet & Sour Chicken Breast Brown Rice Pilaf Oriental Blend Vegetables* WG Egg Roll Cinnamon Raisin Bread/Marg Fruit Cocktail 1% or Skim Milk
<b>Monday</b> <b>5/27/2019</b>	<b>Tuesday</b> <b>5/28/2019</b>	<b>Wednesday</b> <b>5/29/2019</b>	<b>Thursday</b> <b>5/30/2019</b>	<b>Friday</b> <b>5/31/2019</b>
Memorial Day  <b>Senior Centers Closed</b>	Ball Park Bratwurst* Shredded Sauerkraut* Cheesy Hashbrowns WG Mini Hoagie Bun Fresh Orange 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/Marg Jell-O Cake or Diet Jell-O Cake 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

Menus Subject to Change