

**Eastern Nebraska Office on Aging**

**May 2019**

**Meals on Wheels Menus**

<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday 5/1/2019</b>	<b>Thursday 5/2/2019</b>	<b>Friday 5/3/2019</b>
		Tuna & Noodle Casserole Green Peas Glazed Diced Beets WG Bread Slice/Marg Applesauce 1% Milk	Meatloaf in Gravy Ranch Mashed Potatoes Green Beans Sourdough Roll/Marg Oatmeal Cream Pie 1% Milk	Cheesy Chicken Breast Mexican Rice Mexican Bean Trio WG Tortilla Chips Chocolate Pudding 1% Milk
<b>Monday 5/6/2019</b>	<b>Tuesday 5/7/2019</b>	<b>Wednesday 5/8/2019</b>	<b>Thursday 5/9/2019</b>	<b>Friday 5/10/2019</b>
BBQ Pork Rib Patty BBQ Baked Beans Creamed Corn WG Coney Bun Pineapple & Strawberries 1% Milk	Creamed Chicken Gravy over Biscuit Potato Medley Winter Blend Vegetable Raspberry Muffin Square 1% Milk	Baked Ham with Citrus Glaze 1/2 Baked Potato/Sour Cream Carrot Coins Honey Wheat Bread/Marg Plain Cake Square 1% Milk	Baked Cod Loin in Pesto Cream Sauce Diced Sweet Potato Green Peas Marble Bread/Margarine Mandarin Oranges 1% Milk	Cheeseburger Meatloaf Sandwich on WG Bun w/ Leaf Lettuce, Sliced Tomato Cheesy Hashbrowns Mixed Vegetables Fruit Mix 1% Milk
<b>Monday 5/13/2019</b>	<b>Tuesday 5/14/2019</b>	<b>Wednesday 5/15/2019</b>	<b>Thursday 5/16/2019</b>	<b>Friday 5/17/2019</b>
Ham & Au gratin Potatoes Broccoli WG Dinner Roll/Marg Cinnamon Pear Slices 1% Milk	Country Fried Steak w/ Country Gravy Mashed Potatoes Corn Vienna Bread Slice/Marg Peanut Butter Cookie 1% Milk	Sloppy Joe Sandwich on WG Hamburger Bun Seasoned Potato Wedges Mixed Vegetables Tropical Fruit Mix 1% Milk	Lemon Pepper Chicken Breast over Brown Rice Zucchini & Tomatoes WG Breadstick/Margarine Ambrosia Fruit Salad 1% Milk	Beef Ravioli with Marinara Sauce Capri Blend Vegetables Brussels Sprouts WG Breadstick Chocolate Chip Muffin 1% Milk
<b>Monday 5/20/2019</b>	<b>Tuesday 5/21/2019</b>	<b>Wednesday 5/22/2019</b>	<b>Thursday 5/23/2019</b>	<b>Friday 5/24/2019</b>
All Beef Chili Dog w/ Shredded Cheese on a WG Hot Dog Bun Diced Baby Red Potatoes Cauliflower & Carrots Peach Yogurt PC 1% Milk	Turkey Tetrazini with WG Pasta Green Peas Chuckwagon Corn WG Dinner Roll/Marg Diced Peaches 1% Milk	Swedish Meatballs Scalloped Potatoes Diced Beets Petite Roll/Margarine Strawberry Applesauce 1% Milk	Sliced Roast Beef & Gravy Mashed Potatoes Roasted Baby Carrots Heavy Hearth Roll/Marg Fruit Cobbler 1% Milk	Sweet & Sour Chicken Breast Brown Rice Pilaf Oriental Blend Vegetables Egg Roll Cinnamon Raisin Bread/Marg Fruit Cocktail 1% Milk
<b>Monday 5/27/2019</b>	<b>Tuesday 5/28/2019</b>	<b>Wednesday 5/29/2019</b>	<b>Thursday 5/30/2019</b>	<b>Friday 5/31/2019</b>
Memorial Day	Ball Park Bratwurst on a WG Mini Hoagie Bun Shredded Sauerkraut Cheesy Hashbrowns Fresh Orange 1% Milk	Soft Shell Beef Taco Taco Sauce Shred Cheese, Diced Tomato, lettuce Refried Beans Pineapple Tidbits 1% Milk	Ground Beef Stew Baked Potato/Sour Cream PC Cheesy Broccoli WG Mini Biscuit/Marg Diet Jell-O Cake 1% Milk	Oven Roasted Pork Loin in Pork Gravy Twice Baked Whipped Potato Crinkle Cut Carrots WG Dinner Roll/Margarine Bread Pudding 1% Milk
 <b>Memorial Day</b> <i>Never Forget Ever Honor</i> <b>Holiday Meal by reservation only</b>				

Menus Subject to Change