

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

Monday	Tuesday	Wednesday	Thursday 8/1/2019	Friday 8/2/2019
 <p>* Items to be heated or microwaved at the centers</p>			Meatloaf Baked Potato/Sour Cream Mixed Vegetables* 100% Wheat Bread/Marg Fruit Cocktail 1% or Skim Milk	WG Beef & Bean Burrito* Chef Mike's Cheese Sauce Chuckwagon Corn* Mexican Bean Salad WG Tortilla Chips Sliced Pears 1% or Skim Milk
8/5/2019	Tuesday 8/6/2019	Wednesday 8/7/2019	Thursday 8/8/2019	Friday 8/9/2019
WG Spaghetti & Meatballs Romaine Blend Salad/Dress Italian Blend Vegetables* WG Breadstick/Marg Cinnamon Applesauce 1% or Skim Milk	Classic Cheeseburger* on WG Hamburger Bun w/ Leaf Lettuce, Pickles, Sliced Tomatoes & Onion Coleslaw Sugar Cookie or Diet Cookies 1% or Skim Milk	Chicken Fried Rice Oriental Blend Vegetables WG Egg Roll* Fortune Cookie Cinnamon Raisin Bread/Marg Fresh Orange 1% or Skim Milk	Oven Fried Chicken Breast* Mashed Potatoes & Gravy Broccoli* WG Dinner Roll/Margarine Butterscotch Pudding or Diet Pudding 1% or Skim Milk	Salisbury Steak & Mushroom Gravy Potato Medley Carrot Coins* WG Dinner Roll/Marg Strawberries & Pineapple 1% or Skim Milk
Monday 8/12/2019	Tuesday 8/13/2019	Wednesday 8/14/2019	Thursday 8/15/2019	Friday 8/16/2019
Chicken Piccata* Brown Rice Pilaf Winter Blend* Marble Bread Slice/Marg Diced Peaches 1% or Skim Milk	WG Mini Turkey Corn Dogs* Cheesy Whipped Potatoes Peas* Bread/Margarine Cherry Vanilla Yogurt or Diet Pudding 1% or Skim Milk	Sliced Roast Beef & Gravy Garlic Parm Mashed Potatoes Diced Beets Heavy Hearth Roll/Marg Decorated Birthday Cake or Plain Cake Square 1% or Skim Milk	Cod Loin in Manhattan Red Sauce Garlic Roasted Baby Reds Brussels Sprouts* Rye Bread/Margarine Frosted Brownie 1% or Skim Milk	Grilled Chicken Sandwich on WG Hamburger Bun w/ Leaf Lettuce, Pickles & Sliced Tomatoes BBQ Baked Beans Potato Salad Sliced Peaches 1% or Skim Milk
Monday 8/19/2019	Tuesday 8/20/2019	Wednesday 8/21/2019	Thursday 8/22/2019	Friday 8/23/2019
Pork Fritter* with Gravy Baked Potato/Sour Cream PC Corn* WG Dinner Roll/Margarine Strawberry Delight or Diet Cookies 1% or Skim Milk	Cheesy Broccoli Chicken Breast Brown Rice Pilaf Honey Roasted Baby Carrots WG Dinner Roll/Marg Tropical Fruit Mix 1% or Skim Milk	All Beef Chicago Dog Jumbo Frank*, Sliced Tomato Pickle Spear, Diced Onion on a WG Hot Dog Bun Tater Tots* Strawberry Applesauce 1% or Skim Milk	Liver w/ Onion Gravy Mashed Potatoes Zucchini & Tomatoes* Honey Wheat Bread/Marg Chocolate Chip Cookie or Diet Cookies 1% or Skim Milk	Spicy Italian Casserole w/ Ground Sausage, Peppers Alfredo & Cavatapi Pasta Romaine Blend Salad/Dress Cauliflower* Italian Dinner Roll/Marg Ambrosia Salad 1% or Skim Milk
Monday 8/26/2019	Tuesday 8/27/2019	Wednesday 8/28/2019	Thursday 8/29/2019	Friday 8/30/2019
10 Grain Fish* Tartar Sauce Corn O'Brien Green Beans* WG Dinner Roll/Marg Mandarin Oranges 1% or Skim Milk	Soft Shell Beef Taco Taco Meat*, Shred Lettuce Diced Tomato, Shred Cheese Seasoned Potato Rounds* 8" Flour Tortilla Shell Sour Cream/Taco Sauce Strawberry Shortcake or Diet Strawberry Jello Cake 1% or Skim Milk	BBQ Pork Sandwich on Kaiser Bun Scalloped Potatoes Broccoli Salad Vanilla Pudding or Diet Pudding 1% or Skim Milk	Diced Turkey & Gravy over Mashed Potatoes Green Peas* Sourdough Dinner Roll/Marg Cinnamon Apple Slices 1% or Skim Milk	Oven Roasted Pork Loin with Pineapple Salsa Baked Sweet Potato California Blend Vegetables* WG Petite Roll/Margarine Pineapple Tidbits 1% or Skim Milk