

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

Monday	Tuesday	Wednesday	Thursday 8/1/2019	Friday 8/2/2019
<i>goodbye July, hello</i> AUGUST			Meatloaf/Gravy 1/2 Baked Potato Mixed Vegetables 100% Wheat Bread/Marg Fruit Cocktail Sour Cream 1% Milk	WG Beef & Bean Burrito w/ Cheese Sauce Chuckwagon Corn Mexican Bean Trio WG Breadstick/Marg Sliced Pears 1% Milk
Monday 8/5/2019	Tuesday 8/6/2019	Wednesday 8/7/2019	Thursday 8/8/2019	Friday 8/9/2019
WG Spaghetti & Meatballs Italian Blend Veggies Cinnamon Applesauce WG Breadstick/Marg Romaine Salad/Dressing 1% Milk	Hamburger Patty BBQ Baked Beans Corn Lettuce & Tomato Sugar Cookie 1% Milk	Chicken Fried Rice Oriental Blend Vegetables WG Egg Roll Cinn. Raisin Bread/Marg Fresh Orange 1% Milk	Oven Fried Chicken Breast Mashed Potatoes & Gravy Broccoli WG Dinner Roll/Marg Butterscotch Pudding 1% Milk	Salisbury Steak & Mushroom Gravy Potato Medley Carrot Coins WG Dinner Roll/Marg Strawberries & Pineapple 1% 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% Milk	WG Mini Turkey Corn Dogs Cheesy Whipped Potatoes Peas Bread/Margarine Cherry Vanilla Yogurt 1% Milk	Sliced Roast Beef & Gravy Garlic Parm Mash Potatoes Diced Beets Heavy Hearth Roll/Marg Plain Cake Square 1% Milk	Cod Loin in Manhattan Red Sauce Garlic Roasted Baby Reds Brussels Sprouts Rye Bread/Marg Frosted Brownie 1% Milk	Grilled Chicken Sandwich BBQ Baked Beans Sliced Peaches WG Hamburger Bun Potato Salad 1% Milk
Monday 8/19/2019	Tuesday 8/20/2019	Wednesday 8/21/2019	Thursday 8/22/2019	Friday 8/23/2019
Pork Fritter & Gravy 1/2 Baked Potato Corn WG Dinner Roll/Marg Strawberry Delight Sour Cream 1% Milk	Cheesy Broccoli Chicken Breast Brown Rice Pilaf Honey Roasted Baby Carrots WG Dinner Roll/Marg Tropical Fruit Mix 1% Milk	Tuna Salad Lettuce & Tomato Marinated Vegetable Salad WG Bread Strawberry Applesauce 1% Milk Cold Menu	Meatballs/Gravy Mashed Potatoes Zucchini & Tomatoes Honey Wheat Bread/Marg Chocolate Chip Cookie 1% Milk	Spicy Italian Casserole Green Peas Cauliflower Italian Dinner Roll/Marg Ambrosia Salad 1% Milk
Monday 8/26/2019	Tuesday 8/27/2019	Wednesday 8/28/2019	Thursday 8/29/2019	Friday 8/30/2019
10 Grain Fish Corn O'Brien Green Beans WG Dinner Roll/Marg Mandarin Oranges Tartar Sauce 1% Milk	Taco Meat Seasoned Potato Wedges Refried Beans Cheese, Tomato, Lettuce 8" Flour Tortilla Diet Strawberry Jello Cake Taco Sauce 1% Milk	BBQ Pork Sandwich Scalloped Potatoes Broccoli Kaiser Bun Vanilla Pudding 1% Milk	Diced Turkey & Gravy Mashed Potatoes Green Peas Sourdough Roll/Marg Cinnamon Apple Slices 1% Milk	Oven Roasted Pork Loin with Pineapple Salsa Diced Sweet Potatoes Cali Blend Vegetables WG Petite Roll/Marg Pineapple Tidbits 1% Milk

Final 6/3/2019

Menus subject to change