

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

Monday 7/1/2019	Tuesday 7/2/2019	Wednesday 7/3/2019	Thursday 7/4/2019	Friday 7/5/2019
Chicken Fried Rice Oriental Blend Vegetables* WG Egg Roll* Fortune Cookie Cinnamon Raisin Bread/Marg Fresh Orange 1% or Skim Milk	Diced Turkey & Gravy over Mashed Potatoes Green Peas* Sourdough Dinner Roll/Marg Cinnamon Apple Slices 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	 Senior Centers Closed	BBQ Meatballs Macaroni & Cheese Mixed Vegetables* 100% Wheat Bread/Marg Fruit Cocktail 1% or Skim Milk
Monday 7/8/2019	Tuesday 7/9/2019	Wednesday 7/10/2019	Thursday 7/11/2019	Friday 7/12/2019
Salisbury Steak & Mushroom Gravy Mashed Potatoes Carrot Coins* WG Dinner Roll/Marg Cherry Vanilla Yogurt or Diet Pudding 1% or Skim Milk	10 Grain Fish* w/ Tartar Sauce Brown Rice Pilaf Capri Blend Vegetables* Marble Bread Slice/Marg Mandarin Oranges 1% or Skim Milk	Oven Roasted Pork Loin with Pineapple Salsa Baked Sweet Potato Broccoli Salad WG Petite Roll/Marg Decorated Birthday Cake or Plain Cake Square 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	Oven Fried Chicken Breast* Mashed Potatoes & Gravy Broccoli* WG Dinner Roll/Marg Butterscotch Pudding or Diet Pudding 1% or Skim Milk
Monday 7/15/2019	Tuesday 7/16/2019	Wednesday 7/17/2019	Thursday 7/18/2019	Friday 7/19/2019
Grilled Chicken Sandwich on WG Hamburger Bun w/ Leaf Lettuce, Pickles & Sliced Tomatoes BBQ Baked Beans Potato Salad Sliced Peaches 1% or Skim Milk	WG Spaghetti & Meatballs Romaine Blend Salad/Dress Italian Blend Vegetables* WG Breadstick/Marg Cinnamon Applesauce 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	Pork Fritter* with Gravy Baked Potato/Sour Cream PC Oregon Blend* WG Dinner Roll/Marg Strawberry Delight or Diet Cookies 1% or Skim Milk	WG Mini Turkey Corn Dogs* Cheesy Hashbrowns Peas* Bread/Marg Strawberries & Pineapple 1% or Skim Milk
Monday 7/22/2019	Tuesday 7/23/2019	Wednesday 7/24/2019	Thursday 7/25/2019	Friday 7/26/2019
Cod Loin in Manhattan Red Sauce Garlic Roasted Baby Reds Brussels Sprouts* Rye Bread/Marg Frosted Brownie 1% or Skim Milk	Breaded Chicken Tenders* w/ BBQ Sauce PC Twice Baked Whipped Potatoes Green Beans* WG Dinner Roll/Marg Plum Halves 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	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	Chicken Marsala* Potato Medley Italian Vegetables* Honey Wheat Bread/Marg Chocolate Chip Cookie or Diet Cookies 1% or Skim Milk
Monday 7/29/2019	Tuesday 7/30/2019	Wednesday 7/31/2019	Thursday	Friday
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	Sliced Roast Beef & Gravy Garlic Parm Mashed Potatoes Diced Beets Heavy Hearth Roll/Marg Pineapple Tidbits 1% or Skim Milk		 * Items to be heated or microwaved at the centers