
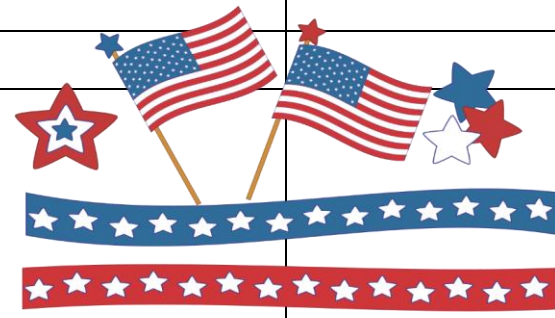


**Eastern Nebraska Office on Aging  
Meals on Wheels Meals  
July 2019**

| <b>Monday<br/>7/1/2019</b>   | <b>Tuesday<br/>7/2/2019</b>   | <b>Wednesday<br/>7/3/2019</b>  | <b>Thursday<br/>7/4/2019</b>  | <b>Friday<br/>7/5/2019</b>   |
|--|---|--|---|--|
| Chicken Fried Rice<br>Oriental Blend Vegetables<br>WG Egg Roll<br>Cinn. Raisin Bread/Marg<br>Fresh Orange<br>1% Milk               | Diced Turkey & Gravy<br>Mashed Potatoes<br>Green Peas<br>Sourdough Roll/Marg<br>Cinnamon Apple Slices<br>1% Milk                      | Hamburger Patty<br>BBQ Baked Beans<br>Corn<br>Lettuce & Tomato<br>Sugar Cookie<br>WG Hamburger Bun<br>1% Milk                                  | <b>Holiday Box Lunch by<br/>Reservation Only</b><br> | <b>Holiday Meal by<br/>Reservation Only</b>  |
| <b>Monday<br/>7/8/2019</b>   | <b>Tuesday<br/>7/9/2019</b>   | <b>Wednesday<br/>7/10/2019</b>   | <b>Thursday<br/>7/11/2019</b>   | <b>Friday<br/>7/12/2019</b>  |
| Salisbury Steak &<br>Mushroom Gravy<br>Mashed Potatoes<br>Carrot Coins<br>WG Dinner Roll/Marg<br>Cherry Vanilla Yogurt<br>1% Milk  | 10 Grain Fish<br>Brown Rice Pilaf<br>Capri Blend Vegetables<br>Marble Bread Slice/Marg<br>Mandarin Oranges<br>Tartar Sauce<br>1% Milk | Sliced Turkey<br>Lettuce & Tomato<br>Marinated Vegetable Salad<br>WG Hamburger Bun<br>Plain Cake Square<br>1% Milk<br><br><b>Cold Meal</b>     | WG Beef & Bean Burrito<br>w/ Cheese Sauce<br>Chuckwagon Corn<br>Mexican Bean Trio<br>WG Breadstick/Marg<br>Sliced Pears<br>1% Milk      | Oven Fried Chicken Breast<br>Mashed Potatoes & Gravy<br>Broccoli<br>WG Dinner Roll/Marg<br>Butterscotch Pudding<br>1% Milk |
| <b>Monday<br/>7/15/2019</b>  | <b>Tuesday<br/>7/16/2019</b>  | <b>Wednesday<br/>7/17/2019</b>   | <b>Thursday<br/>7/18/2019</b>   | <b>Friday<br/>7/19/2019</b>  |
| Grilled Chicken Sandwich<br>BBQ Baked Beans<br>Sliced Peaches<br>WG Hamburger Bun<br>Potato Salad<br>1% Milk                       | WG Spaghetti & Meatballs<br>Italian Blend Veggies<br>Cinnamon Applesauce<br>WG Breadstick/Marg<br>Romaine Salad/Dressing<br>1% Milk   | Cheesy Broccoli Chicken<br>Breast<br>Brown Rice Pilaf<br>Honey Roasted Baby<br>Carrots<br>WG Dinner Roll/Marg<br>Tropical Fruit Mix<br>1% Milk | Pork Fritter & Gravy<br>1/2 Baked Potato<br>Oregon Blend<br>WG Dinner Roll/Marg<br>Strawberry Delight<br>Sour Cream<br>1% Milk          | WG Mini Turkey Corn<br>Dogs<br>Cheesy Hashbrowns<br>Peas<br>Bread/Marg<br>Strawberries & Pineapple<br>1% Milk              |
| <b>Monday<br/>7/22/2019</b>  | <b>Tuesday<br/>7/23/2019</b>  | <b>Wednesday<br/>7/24/2019</b>   | <b>Thursday<br/>7/25/2019</b>   | <b>Friday<br/>7/26/2019</b>  |
| Cod Loin in Manhattan<br>Red Sauce<br>Garlic Roasted Baby Reds<br>Brussels Sprouts<br>Rye Bread/Marg<br>Frosted Brownie<br>1% Milk | Breaded Chicken Tenders<br>Twiced Baked Whip Pot.<br>Green Beans<br>WG Dinner Roll/Marg<br>Plum Halves<br>BBQ Sauce PC<br>1% Milk     | Spicy Italian Casserole<br>Green Peas<br>Cauliflower<br>Italian Dinner Roll/Marg<br>Ambrosia Salad<br>1% Milk                                  | All Beef Jumbo Frank<br>Seasoned Potato Wedges<br>Diced Carrots<br>WG Hot Dog Bun<br>Strawberry Applesauce<br>1% or Skim Milk           | Chicken Marsala<br>Potato Medley<br>Italian Vegetables<br>Honey Wheat Bread/Marg<br>Chocolate Chip Cookie<br>1% Milk       |
| <b>Monday<br/>7/29/2019</b>  | <b>Tuesday<br/>7/30/2019</b>  | <b>Wednesday<br/>7/31/2019</b>   |   |  |
| Taco Casserole<br>Green Beans<br>Corn<br>Wheat Bread/Margarine<br>Diet Strawberry Jello Cake<br>1% Milk                            | BBQ Pork Sandwich<br>Scalloped Potatoes<br>Broccoli<br>Kaiser Bun<br>Vanilla Pudding<br>1% Milk                                       | Sliced Roast Beef &<br>Gravy<br>Garlic Parm Mash Potatoes<br>Diced Beets<br>Heavy Hearth Roll/Marg<br>Pineapple Tidbits<br>1% Milk             |   |  |

Menus subject to change

Final 6/3/2019