

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

<b>Monday 9/2/2019</b>	<b>Tuesday 9/3/2019</b>	<b>Wednesday 9/4/2019</b>	<b>Thursday 9/5/2019</b>	<b>Friday 9/6/2019</b>
 <b>Senior Centers Closed</b>	Salisbury Steak & Mushroom Gravy Diced Baby Reds Carrot Coins* WG Dinner Roll/Marg Fresh Orange 1% or Skim Milk	Chicken Piccata* Brown Rice Pilaf Winter Blend* Marble Bread Slice/Marg Butterscotch Pudding or Diet Pudding 1% or Skim Milk	BBQ Meatballs Macaroni & Cheese Mixed Vegetables* 100% Wheat Bread/Marg Fruit Cocktail 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
<b>Monday 9/9/2019</b>	<b>Tuesday 9/10/2019</b>	<b>Wednesday 9/11/2019</b>	<b>Thursday 9/12/2019</b>	<b>Friday 9/13/2019</b>
Chicken Fried Rice Oriental Blend Vegetables WG Egg Roll* Fortune Cookie Cinnamon Raisin Bread/Marg Fresh Orange 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 Green Beans* WG Dinner Roll/Marg Decorated Birthday Cake or Plain Cake Square 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	WG Spaghetti & Meatballs Romaine Blend Salad/Dress Italian Blend Vegetables* WG Breadstick/Marg Cinnamon Applesauce 1% or Skim Milk
<b>Monday 9/16/2019</b>	<b>Tuesday 9/17/2019</b>	<b>Wednesday 9/18/2019</b>	<b>Thursday 9/19/2019</b>	<b>Friday 9/20/2019</b>
Sliced Roast Beef & Gravy Garlic Parm Mashed Potatoes Diced Beets Heavy Hearth Roll/Marg Chocolate Chip Cookie or Diet Cookies 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	Pork Fritter* with Gravy Baked Potato/Sour Cream PC Green Peas* WG Dinner Roll/Marg Vanilla Pudding or Diet Pudding 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	Cod Loin in Manhattan Red Sauce Garlic Roasted Baby Reds Brussels Sprouts* Rye Bread/Marg Frosted Brownie 1% or Skim Milk
<b>Monday 9/23/2019</b>	<b>Tuesday 9/24/2019</b>	<b>Wednesday 9/25/2019</b>	<b>Thursday 9/26/2019</b>	<b>Friday 9/27/2019</b>
BBQ Pork Sandwich on Kaiser Bun Scalloped Potatoes Broccoli Salad Diced Pears 1% or Skim Milk	Chicken Marsala* Potato Medley Zucchini & Tomatoes* Honey Wheat Bread/Marg Pineapple Tidbits 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	10 Grain Fish* Tartar Sauce Corn O'Brien Green Beans* WG Dinner Roll/Marg Plum Halves 1% or Skim Milk	WG Mini Turkey Corn Dogs* Cheesy Hashbrowns Peas* Bread/Marg Cherry Vanilla Yogurt or Diet Pudding 1% or Skim Milk
<b>Monday 9/30/2019</b>				 * Items to be heated or microwaved at the centers
Diced Turkey & Gravy over Mashed Potatoes *Corn Sourdough Dinner Roll/Marg Cinnamon Apple Slices 1% or Skim Milk				