

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

Monday 9/2/2019	Tuesday 9/3/2019	Wednesday 9/4/2019	Thursday 9/5/2019	Friday 9/6/2019
<p><i>Holiday Day Meal by reservation only</i></p> 	Salisbury Steak & Mushroom Gravy Diced Baby Reds Carrot Coins WG Dinner Roll/Marg Fresh Orange 1% Milk	Chicken Piccata Brown Rice Pilaf Winter Blend Marble Bread Slice/Marg Butterscotch Pudding 1% Milk	BBQ Meatballs Macaroni & Cheese Mixed Vegetables 100% Wheat Bread/Marg Fruit Cocktail 1% Milk	Grilled Chicken Sandwich BBQ Baked Beans Sliced Peaches WG Hamburger Bun Potato Salad 1% Milk
Monday 9/9/2019	Tuesday 9/10/2019	Wednesday 9/11/2019	Thursday 9/12/2019	Friday 9/13/2019
Chicken Fried Rice Oriental Blend Vegetables WG Egg Roll Cinn. Raisin Bread/Marg Fresh Orange 1% Milk	WG Beef & Bean Burrito w/ Cheese Sauce Chuckwagon Corn Mexican Bean Trio WG Breadstick/Marg Sliced Pears 1% Milk	Oven Fried Chicken Breast Mashed Potatoes & Gravy Green Beans WG Dinner Roll/Marg Plain Cake Square 1% Milk	Hamburger Patty BBQ Baked Beans Corn Lettuce & Tomato Sugar Cookie 1% Milk	WG Spaghetti & Meatballs Italian Blend Veggies Cinnamon Applesauce WG Breadstick/Marg Romaine Salad/Dressing 1% Milk
Monday 9/16/2019	Tuesday 9/17/2019	Wednesday 9/18/2019	Thursday 9/19/2019	Friday 9/20/2019
Sliced Roast Beef & Gravy Garlic Parm Mash Potatoes Diced Beets Heavy Hearth Roll/Marg Chocolate Chip Cookie 1% Milk	All Beef Jumbo Frank Seasoned Potato Wedges Diced Carrots WG Hot Dog Bun Strawberry Applesauce 1% Milk	Pork Fritter & Gravy 1/2 Baked Potato Green Peas WG Dinner Roll/Marg Vanilla Pudding Sour Cream 1% Milk	Cheesy Broccoli Chicken Breast Brown Rice Pilaf Honey Roasted Baby Carrots WG Dinner Roll/Marg Tropical Fruit Mix 1% Milk	Cod Loin in Manhattan Red Sauce Garlic Roasted Baby Reds Brussels Sprouts Rye Bread/Marg Frosted Brownie 1% Milk
Monday 9/23/2019	Tuesday 9/24/2019	Wednesday 9/25/2019	Thursday 9/26/2019	Friday 9/27/2019
BBQ Pork Sandwich Scalloped Potatoes Broccoli Kaiser Bun Diced Pears 1% Milk	Chicken Marsala Potato Medley Zucchini & Tomatoes Honey Wheat Bread/Marg Pineapple Tidbits 1% Milk	Taco Meat Seasoned Potato Wedges Refried Beans Cheese, Tomato, Lettuce 8" Flour Tortilla Taco Sauce Diet Strawberry Jello Cake 1% Milk	10 Grain Fish Corn O'Brien Green Beans WG Dinner Roll/Marg Plum Halves C Tartar Sauce 1% Milk	WG Mini Turkey Corn Dogs Cheesy Hashbrowns Peas Bread/Marg Cherry Vanilla Yogurt 1% Milk
Monday 9/30/2019				
Diced Turkey & Gravy Mashed Potatoes Corn Sourdough Roll/Marg Cinnamon Apple Slices 1% Milk				