

**Eastern Nebraska Office on Aging
Congregate Menus
December 2019**

Monday 12/2/2019	Tuesday 12/3/2019	Wednesday 12/4/2019	Thursday 12/5/2019	Friday 12/6/2019
Taco Joe*/Cheese Sandwich w/ Shredded Lettuce on WG Hamburger Bun Au gratin Potatoes Broccoli* Pear Slices 1% or Skim Milk	Oven Fried Chicken Breast* with Chicken Gravy Mashed Potatoes Green Beans* Bread Stick/Margarine Banana Muffin Square or Diet Cookies 1% or Skim Milk	All Beef Chili Dog w/ Cheese on WG Hot Dog Bun Steak Fries* Corn* Pineapple & Strawberries 1% or Skim Milk	Baked Cod Loin in Sweet Basil Sauce Baked Sweet Potatoes Zucchini & Tomatoes* WG Dinner Roll/Margarine Chocolate Pudding or Diet Pudding 1% or Skim Milk	Meatloaf & Gravy Roasted Whole Baby Reds Carrot Coins* Honey Wheat Bread/Marg Sliced Apricots 1% or Skim Milk
Monday 12/9/2019	Tuesday 12/10/2019	Wednesday 12/11/2019	Thursday 12/12/2019	Friday 12/13/2019
Chicken Cordon Bleu with Swiss Mornay Sauce Roasemary Country Diced Potato California Blend Vegetables* WG Dinner Roll/Marg Peanut Butter Cookie or Diet Cookies 1% or Skim Milk	Italian Goulash with WG Elbow Noodles Italian Blend Vegetables* Romaine Blend Salad/Dress Italian Roll/Margarine Diced Peaches 1% or Skim Milk	Oven Roasted Pork Loin with Pork Gravy Baked Potato/Sour Cream PC Brussels Sprouts* WG Petite Roll/Margarine Decortated Birthday Cake or Plain White Cake 1% or Skim Milk	Sweet & Sour Chicken Breast* Oriental Blend Vegetables* WG Vegetable Egg Roll* Fortune Cookie Cinnamon Raisin Bread/Marg Tropical Fruit Mix 1% or Skim Milk	Seafood Chowder Garlic & Butter Diced Reds Mixed Vegetables* Marble Bread Slice/Marg Fruit Crisp or Fruit Mix 1% or Skim Milk
Monday 12/16/2019	Tuesday 12/17/2019	Wednesday 12/18/2019	Thursday 12/19/2019	Friday 12/20/2019
Italian Meatballs in Marinara Sauce Potato Medley Green Beans* WG Dinner Roll/Margarine Fresh Orange 1% or Skim Milk	Country Fried Steak* & Gravy Garlic Whipped Potatoes Country Blend Vegetables* Vienna Bread Slice/Marg Plum Halves 1% or Skim Milk	Baked Ham* Twice Baked Whipped Potato Cheesy Broccoli WG Dinner Roll/Margarine Cheesecake with Cherry Topping or Diet Pudding 1% or Skim Milk	Salisbury Steak & Brown Gravy Baby Red Potatoes Parslied Carrots* Sour Dough Roll/Margarine Fruit Cocktail 1% or Skim Milk	BBQ Chicken Breast* on WG Hamburger Bun BBQ Baked Beans Potato Salad Pear Slices 1% or Skim Milk
Monday 12/23/2019	Tuesday 12/24/2019	Wednesday 12/25/2019	Thursday 12/26/2019	Friday 12/27/2019
Breakfast for Lunch! Hearty Country Gravy with Sausage over WG Jumbo Biscuit Breakfast Potatoes Fresh Banana Orange Juice 1% or Skim Milk	Pork Chop with Garlic Mushroom Gravy Scalloped Potatoes Peas & Pearl Onions* 100% Whole Wheat Bread/Marg Mandarin Oranges & Pineapple 1% or Skim Milk	 Christmas Day Holiday Senior Center closed	10 Grain Fish Filet* w/ Tartar Sauce PC Diced Carrots* Corn Casserole WG Bread Slice/Margarine Strawberry Applesauce 1% or Skim Milk	Swedish Meatballs Baked Potato/Sour Cream Winter Mix Vegetables* Wheatberry Roll/Marg Strawberry Yogurt Cup or Diet Pudding 1% or Skim Milk
Monday 12/30/2019	Tuesday 12/31/2019	Wednesday	Thursday	Friday
Chicken Parmesan Casserole w/ WG Penne Pasta Roasted Baby Carrots Corn* Italian Roll/Margarine Applesauce 1% or Skim Milk	BBQ Pork Rib Patty on WG Hamburger Bun Baby Red Potatoes Oregon Blend Vegetables* Frosted Brownie or Diet Cookies 1% or Skim Milk			 * Items to be heated or microwaved at the centers

Menus subject to change