
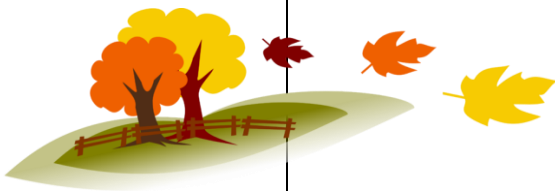




**Eastern Nebraska Office on Aging
Congregate Menus
November 2019**

Monday	Tuesday	Wednesday	Thursday	Friday 11/1/2019
 * Items to be heated or microwaved at the centers				Italian Goulash with WG Elbow Noodles Italian Blend Vegetables* Romaine Blend Salad/Dress Vienna Bread Slice/Marg Diced Peaches 1% or Skim Milk
Monday 11/4/2019	Tuesday 11/5/2019	Wednesday 11/6/2019	Thursday 11/7/2019	Friday 11/8/2019
BBQ Meatballs Potato Medley Mixed Vegetables* WG Dinner Roll/Marg Fresh Orange 1% or Skim Milk	Baked Cod Loin in Sweet Basil Sauce Baked Sweet Potatoes Zucchini & Tomatoes* WG Petite Roll/Marg Tropical Fruit Mix 1% or Skim Milk	Oven Fried Chicken Breast* Whipped Potatoes with Chicken Gravy Green Beans* Italian Dinner Roll/Marg Banana Muffin Square 1% or Skim Milk	Meatloaf & Gravy Roasted Whole Baby Reds Broccoli* Cornbread/Marg Honey PC Pear Slices 1% or Skim Milk	Sweet & Sour Chicken Breast* Oriental Blend Vegetables* WG Vegetable Egg Roll* Fortune Cookie Cinnamon Raisin Bread/Marg Pineapple Tidbits 1% or Skim Milk
Monday 11/11/2019	Tuesday 11/12/2019	Wednesday 11/13/2019	Thursday 11/14/2019	Friday 11/15/2019
 Senior Centers closed	All Beef Chili Dog w/ Cheese on WG Hot Dog Bun Steak Fries* Corn* Fresh Orange 1% or Skim Milk	Baked Ham* Broccoli Rice Casserole Honey Glazed Carrots WG Dinner Roll/Marg Decorated Birthday Cake or Plain Cake Square 1% or Skim Milk	Beef Ravioli in Marinara Sauce Romaine Blend Salad/Dress Italian Blend Vegetables* WG Breadstick/Marg Cinnamon Applesauce 1% or Skim Milk	BBQ Chicken Breast* on WG Hamburger Bun BBQ Baked Beans Potato Salad Peaches 1% or Skim Milk
Monday 11/18/2019	Tuesday 11/19/2019	Wednesday 11/20/2019	Thursday 11/21/2019	Friday 11/22/2019
Hamburger Patty with Garlic Mushroom Gravy Scalloped Potatoes Brussels Sprouts* 100% Whole Wheat Bread/Marg Mandarin Oranges 1% or Skim Milk	Seafood Chowder Garlic & Butter Diced Reds California Blend Vegetables* WG Dinner Roll/Marg Ambrosia Salad 1% or Skim Milk	Sliced Roast Beef & Gravy Whipped Potatoes Green Peas* Rye Bread/Marg Butterscotch Pudding or Diet Pudding 1% or Skim Milk	Chicken Breast* & Chicken Gravy Potato Medley Green Beans* Heavy Hearth Roll/Marg Diced Pears 1% or Skim Milk	Beef & Three Bean Chili Carrot Coins* Cornbread/Marg Honey PC Fruit Crisp or Fruit Mix 1% or Skim Milk
Monday 11/25/2019	Tuesday 11/26/2019	Wednesday 11/27/2019	Thursday 11/28/2019	Friday 11/29/2019
10 Grain Fish Filet* Corn O'Brien* Broccoli* Wheatberry Roll/Marg Fruited Gelatin or Fruited Diet Gelatin Tartar Sauce PC 1% or Skim Milk	Swedish Meatballs Baked Potato/Sour Cream Stewed Tomatoes Sour Dough Roll/Marg Strawberry Yogurt Cup or Diet Pudding 1% or Skim Milk	Turkey Breast with Gravy Cornbread Dressing Whipped Potatoes Green Bean Casserole Cranberry Sauce Garnish WG Petite Roll/Marg Pumpkin Pie & Whip Topping or Diet Pudding 1% or Skim Milk	 Thanksgiving Holiday Senior Centers closed	

Menus subject to change



Final 9/12/2019