

Eastern Nebraska Office on Aging

Congregate Meals

October

2019

	Tuesday 10/1/2019	Wednesday 10/2/2019	Thursday 10/3/2019	Friday 10/4/2019
 * Items to be heated or microwaved at the centers	Meatloaf & Gravy Roasted Whole Baby Reds Broccoli* Cornbread/Marg Honey PC Pear Slices 1% or Skim Milk	Oven Fried Chicken Breast* Whipped Potatoes & Chicken Gravy Green Beans* Vienna Bread/Marg Banana Muffin Square 1% or Skim Milk	Italian Goulash with WG Elbow Noodles Italian Blend Vegetables* Romaine Blend Salad/Dress Italian Dinner Roll/Marg Diced Peaches 1% or Skim Milk	Chicken Cordon Bleu with Swiss Mornay Sauce Rosemary Country Diced Potatoes California Blend Vegetables* Wheatberry Roll/Marg Oatmeal Raisin Cookie or Diet Cookies 1% or Skim Milk
Monday 10/7/2019	Tuesday 10/8/2019	Wednesday 10/9/2019	Thursday 10/10/2019	Friday 10/11/2019
Baked Cod Loin in Sweet Basil Sauce Baked Sweet Potatoes Zucchini & Tomatoes* WG Dinner Roll/Marg Tropical Fruit Mix 1% or Skim Milk	BBQ Meatballs Potato Medley Mixed Vegetables* WG Petite Roll/Marg Fresh Orange 1% or Skim Milk	Sliced Roast Beef & Gravy Mashed Potatoes Honey Glazed Carrots Rye Bread/Marg Decorated Birthday Cake or Plain Cake Square 1% or Skim Milk	Sweet & Sour Chicken Breast* Oriental Blend Vegetables* WG Vegetable Egg Roll* Fortune Cookie Cinnamon Raisin Brea's/Marg Tapioca Pudding or Diet Pudding 1% or Skim Milk	All Beef Chili Dog w/ Cheese on WG Hot Dog Bun Steak Fries* Corn* Pineapple & Strawberries 1% or Skim Milk
Monday 10/14/2019	Tuesday 10/15/2019	Wednesday 10/16/2019	Thursday 10/17/2019	Friday 10/18/2019
 Senior Centers Closed	Oven Roasted Pork Loin w/ Pork Gravy Baked Sweet Potato Brussels Sprouts* WG Dinner Roll/Marg Peanut Butter Cookie or Diet Cookies 1% or Skim Milk	Breakfast for Lunch! Hearty Country Gravy w/ Sausage over WG Jumbo Biscuit Breakfast Potatoes Fresh Banana Orange Juice 1% or Skim Milk	Seafood Chowder Garlic & Butter Diced Reds Californial Blend Vegetables* Marble Rye Bread/Marg Fruit Crisp or Mixed Fruit 1% or Skim Milk	Hamburger Patty with Garlic Mushroom Gravy Scalloped Potatoes Peas & Pearl Onions* 100% Whole Wheat Bread/Marg Mandarin Oranges 1% or Skim Milk
Monday 10/21/2019	Tuesday 10/22/2019	Wednesday 10/23/2019	Thursday 10/24/2019	Friday 10/25/2019
Orange Chicken Stir Fry with WG Spaghetti Pasta Peas & Carrots* WG Vegetable Egg Roll* Fortune Cookie Strawberry Yogurt Cup or Diet Pudding 1% or Skim Milk	Beef Ravioli in Marninara Sauce Romaine Blend Salad/Dress Italian Blend Vegetables* WG Breadstick/Marg Cinnamon Applesauce 1% or Skim Milk	10-Grain Fish Filet* Augratin Potatoes Broccoli* WG Dinner Roll/Marg Fruited Gelatin or Fruited Diet Gelatin Tartar Sauce PC 1% or Skim Milk	Taco Joe*/Cheese Sandwich w/ Shredded Lettuce on a WG Hamburger Bun Potato Ole's* Chuckwagon Corn* Sliced Apricots 1% or Skim Milk	Chicken Breast* & Chicken Gravy Whipped Potatoes Green Beans* Honey Wheat Bread/Marg Frosted Brownie or Diet Cookies 1% or Skim Milk
Monday 10/28/2019	Tuesday 10/29/2019	Wednesday 10/30/2019	Thursday 10/31/2019	
Chicken Fried Steak* & Gravy Garlic Mashed Potatoes Country Blend Vegetables* Vienna Bread Slice/Marg Mandarin Oranges 1% or Skim Milk	Swedish Meatballs Baked Potato/Sour Cream Stewed Tomatoes WG Dinner Roll/Marg Pear Slices 1% or Skim Milk	BBQ Chicken Breast* on WG Hamburger Bun BBQ Baked Beans Potato Salad Strawberry Applesauce 1% or Skim Milk	Ghostly Salisbury Steak & Gruesome Gravy Alive or Dead? Loaded Mashed Potatoes Graveyard Green Beans* Diabolical Dinner Roll/Marg Pumpkin Muffin Square 1% or Screaming Skim Milk	

Menus subject to change

Final 9/12/2019