

**Eastern Nebraska Office on Aging
Congregate Meals
March 2020**

Monday 3/2/2020	Tuesday 3/3/2020	Wednesday 3/4/2020	Thursday 3/5/2020	Friday 3/6/2020
Pork Fritter Mashed Potatoes & Gravy Brussels Sprouts Marble Bread/Margarine Classic Fruit Salad 1% or Skim Milk	Beef & Bean Chili Baked Potato/Sour Cream PC Romaine Salad/Dressing Cornbread/Margarine Tropical Fruit 1% or Skim Milk	Cheese Omelet Chef Mike's Cheese Sauce Baby Red Potatoes Vegetable Juice Raspberry Muffin Square Glazed Pineapple 1% or Skim Milk	Ham & Scalloped Potatoes Winter Blend Vegetables WG Dinner Roll/Margarine Cinnamon Apple Slices 1% or Skim Milk	Breaded Fish Sandwich on WG Hamburger Bun w/Lettuce, Tomato, Tartar Sauce Creamed Corn Carrot Coins Fruited Gelatin or Diet Fruited Gelatin 1% or Skim Milk
Monday 3/9/2020	Tuesday 3/10/2020	Wednesday 3/11/2020	Thursday 3/12/2020	Friday 3/13/2020
California Cheesy Chicken & Brown Rice Casserole Zucchini & Tomatoes WG Dinner Roll/Marg Diced Pears 1% or Skim Milk	Soft Shell Beef Taco Taco Meat, Shred Cheese Shred Lettuce, Diced Tomato in a Flour Tortilla Fiesta Corn Sour Cream & Taco Sauce PCs Cinnamon Applesauce 1% or Skim Milk	Turkey Breast & Gravy Potato Medley Green Beans WG Dinner Roll/Marg Decorated Birthday Cake or Plain Cake Square 1% or Skim Milk	Breaded Chicken Sandwich on WG Hamburger Bun w/ Lettuce & Tomato Twice Baked Whipped Potatoes Mixed Vegetables Cherry Vanilla Yogurt PC or Diet Pudding 1% or Skim Milk	Potato Crunch Fish Filet w/Tartar Sauce Seasoned Potato Wedges Oregon Blend Vegetables WG Petite Roll/Marg Pineapple Tidbits 1% or Skim Milk
Monday 3/16/2020	Tuesday 3/17/2020	Wednesday 3/18/2020	Thursday 3/19/2020	Friday 3/20/2020
Chicken Tenders w/ BBQ PC Potato Medley Spinach Casserole WG Breadstick/Margarine Diced Peaches 1% or Skim Milk	Corned Beef Cabbage & Carrots Roasted Whole Baby Reds Rye Bread/Margarine Emerald Pudding or Diet Pudding 1% or Skim Milk	Cheeseburger on a Wheat Hamburger Bun w/ Leaf Lettuce, Tomato, Red Onions & Pickle Slices Baked Beans Chocolate Chip Muffin 1% or Skim Milk	Beefy Mac Casserole with Cavatappi Noodles Romaine Blend Salad/Dress Capri Blend Vegetables 100% Whole Grain Bread/Marg Mandarin Oranges 1% or Skim Milk	10 Grain Fish Filet w/Tartar Sauce Cheesy Mashed Potatoes Oven Roasted Vegetables Italian Roll/Margarine Fruit Cocktail 1% or Skim Milk
Monday 3/23/2020	Tuesday 3/24/2020	Wednesday 3/25/2020	Thursday 3/26/2020	Friday 3/27/2020
Ham & Northern Beans Baby Roasted Carrots Cornbread/Margarine Cherry Cobbler or Applesauce 1% or Skim Milk	Chicken with Supreme Sauce Garlic Whip Potatoes Broccoli Marble Rye/Margarine Oatmeal Raisin Cookie or Diet Cookies 1% or Skim Milk	Teriyaki Meatballs Oriental Blend Vegetables Carrot Coins Fortune Cookie Cinn. Raisin Bread/Marg Diced Pears 1% or Skim Milk	Pizza Joe Sandwich on WG Hamburger Bun Shredded Mozzarella Cheese Seasoned Potato Wedges Italian Blend Vegetables Pineapple Tidbits 1% or Skim Milk	Cheese Ravioli in Marinara with Shredded Mozzarella Green Beans Romaine Blend Salad Dressing Pc WG Breadstick/Margarine Plum Halves 1% or Skim Milk
Monday 3/30/2020	Tuesday 3/31/2020	Wednesday	Thursday	Friday
Hawaiian BBQ Chicken Brown Rice Pilaf Winter Blend Vienna Bread/Margarine Fruit Mix 1% or Skim Milk	Sliced Roast Beef & Gravy Mashed Potatoes Glazed Diced Beets Heavy Hearth Roll/Margarine Frosted Brownie or Diet Cookies 1% or Skim Milk			

Menus subject to change