

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

<b>Monday 3/2/2020</b>	<b>Tuesday 3/3/2020</b>	<b>Wednesday 3/4/2020</b>	<b>Thursday 3/5/2020</b>	<b>Friday 3/6/2020</b>	
Pork Fritter & Gravy Mashed Potatoes Brussels Sprouts Marble Bread/Marg Classic Fruit Salad 1% Milk	Beef & Bean Chili 1/2 Baked Potato Green Beans Cornbread/Marg Tropical Fruit Sour Cream PC 1% Milk	Creamed Chicken Gravy Peas & Carrots Glazed Pineapple Raspberry Muffin Square Romaine Blend Salad Dressing PC 1% Milk	Ham & Scalloped Potato Winter Blend Vegetables Cinnamon Apple Slices WG Roll/Marg 1% Milk	Breaded Fish Sandwich Creamed Corn Carrot Coins CWG Hamburger Bun Lettuce & Tomato Fruited Gelatin Tartar Sauce PC 1% Milk	
<b>Monday 3/9/2020</b>	<b>Tuesday 3/10/2020</b>	<b>Wednesday 3/11/2020</b>	<b>Thursday 3/12/2020</b>	<b>Friday 3/13/2020</b>	
California Cheesy Chicken & Brown Rice Casserole Zucchini & Tomatoes Pears WG Dinner Roll/Marg 1% Milk	Taco Meat Fiesta Corn Cinnamon Applesauce Lettuce/Tomato/Cheese 8" Flour Tortilla Taco Sauce PC 1% Milk	Turkey Breast & Gravy Potato Medley Green Beans WG Dinner Roll/Marg Plain Cake Square 1% Milk	Breaded Chicken Patty Twice Baked Whip Potato Mixed Vegetables WG Hamburger Bun Cherry Vanilla Yogurt PC 1% Milk	Potato Crunch Fish Filet Seasoned Potato Wedges Oregon Blend Veggies WG Petite Roll/Marg Pineapple Tidbits Tartar Sauce PC 1% Milk	
<b>Monday 3/16/2020</b>	<b>Tuesday 3/17/2020</b>	<b>Wednesday 3/18/2020</b>	<b>Thursday 3/19/2020</b>	<b>Friday 3/20/2020</b>	
Chicken Tenders Potato Medley Spinach Casserole WG Breadstick/Marg Diced Peaches BBQ PC 1% Milk	Corned Beef Cabbage & Carrots Diced Baby Reds Rye Bread/Marg Emerald Pudding 1% Milk 	Hamburger Patty Baked Beans Mixed Vegetables Leaf Lettuce & Tomato Wheat Hamburger Bun Chocolate Chip Muffin 1% Milk	Beefy Mac Casserole with Cavatappi Noodles Corn Capri Blend Veggies 100% Wheat Bread/Marg Mandarin Oranges 1% Milk	10 Grain Fish Filet Cheesy Mashed Potatoes Oven Roasted Veggies Italian Roll/Marg Fruit Cocktail Tartar Sauce 1% Milk	
<b>Monday 3/23/2020</b>	<b>Tuesday 3/24/2020</b>	<b>Wednesday 3/25/2020</b>	<b>Thursday 3/26/2020</b>	<b>Friday 3/27/2020</b>	
Ham & Northern Beans Baby Roasted Carrots Cherry Cobbler WG Dinner Roll/Marg 1% Milk	Chicken Breast with Supreme Sauce Garlic Whip Potatoes Broccoli MarbleRye Bread/Marg Oatmeal Raisin Cookie 1% Milk	Teriyaki Meatballs over Oriental Blend Veggies Carrot Coins Cinn. Raisin Bread/Marg Diced Pears 1% Milk	Pizza Joe Sandwich Seasoned Potato Wedges Italian Blend Veggies WG Hamburger Bun Pineapple Tidbits 1% Milk	Cheese Ravioli with Marinara Sauce & Mozz Green Beans Diced Carrots WG Breadstick/Marg Plum Halves 1% Milk	
<b>Monday 3/30/2020</b>	<b>Tuesday 3/31/2020</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	
Hawaiian BBQ Chicken Brown Rice Pilaf Winter Blend Vienna Bread/Marg Fruit Mix 1% Milk	Sliced Roast Beef/Gravy Mashed Potatoes Glazed Diced Beets Heavy Hearth Roll/Marg Frosted Brownie 1% Milk				

Menus subject to change