

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

Monday	Tuesday	Wednesday 4/1/2020	Thursday 4/2/2020	Friday 4/3/2020
		Baked Ham* Au gratin Potatoes Green Beans w/ Peppers* WG Dinner Roll/Marg Pineapple 1% or Skim Milk	Ground Beef Stew w/ Vegetables WK Corn* WG Mini Biscuit/Marg Cinnamon Pear Slices 1% or Skim Milk	Baked Cod Loin in Pesto Cream Sauce Baked Sweet Potato Green Peas* Marble Bread/Marg Chocolate Pudding or Diet Pudding 1% or Skim Milk
Monday 4/6/2020	Tuesday 4/7/2020	Wednesday 4/8/2020	Thursday 4/9/2020	Friday 4/10/2020
Sloppy Joe Sandwich on WG Hamburger Bun Tater Tots* Mixed Vegetables* Tropical Fruit Mix 1% or Skim Milk	Cheesy Chicken Breast* Mexican Rice Mexican Bean Trio WG Bread Stick/Margarine Fruit Cocktail 1% or Skim Milk	Sliced Roast Beef & Gravy Garlic Mashed Potatoes Roasted Baby Carrots Honey Wheat Bread/Marg Decorated Easter Cake or Plain Cake Square 1% or Skim Milk Happy Easter	Creamed Chicken Gravy over Biscuit Diced Baby Red Potatoes Green Beans* Peaches & Strawberries 1% or Skim Milk	Breaded Fish on WG Bun Tartar Sauce BBQ Baked Beans Creamed Corn Mandarin Oranges 1% or Skim Milk
Monday 4/13/2020	Tuesday 4/14/2020	Wednesday 4/15/2020	Thursday 4/16/2020	Friday 4/17/2020
Lemon Pepper Chicken * Breast over Brown Rice Zucchini & Tomatoes* WG Breadstick/Marg Ambrosia Fruit Salad 1% or Skim Milk	Cheeseburger Meatloaf* Sandwich on WG Bun w/ Leaf Lettuce, Sliced Tomato Red Onion & Pickle Slices Potato Medley Chocolate Chip Muffin or Diet Cookies 1% or Skim Milk	Pork Chop in Gravy Baked Potato/Sour Cream PC Winter Blend Vegetables* WG Bread/Marg Strawberry Shortcake w/ Whipped Topping or Plain White Cake 1% or Skim Milk	Swedish Meatballs Mashed Potatoes Diced Glazed Beets Petite Roll/Marg Cinnamon Applesauce 1% or Skim Milk	Hamburger Pizza Pasta w/ Pepperoni & WG Rotini Romaine Blend Salad/Dress Italian Blend Vegetables* Italian Roll/Marg Gelatin w/ Pears or Diet Gelatin 1% or Skim Milk
Monday 4/20/2020	Tuesday 4/21/2020	Wednesday 4/22/2020	Thursday 4/23/2020	Friday 4/24/2020
Ball Park Bratwurst* Shredded Sauerkraut Potato Wedges* WG Mini Hoagie Bun Fresh Orange 1% or Skim Milk	Taco Salad Taco Meat*, Shred Cheese, Diced Tomato, Diced Onion over Iceberg Lettuce Chuckwagon Corn Tortilla Chips Pineapple Tidbits Sour Cream/Taco Sauce 1% or Skim Milk	Breakfast for Lunch! Cheese Omelet* Chef Mike's Cheese Sauce Breakfast Potatoes Fresh Banana Orange Juice Cinnamon Roll 1% or Skim Milk	Beef Ravioli with Marinara Sauce Spring Blend Vegetables* Romaine Blend Salad/Dress Garlic Bread Fruit Mix 1% or Skim Milk	Sweet & Sour Chicken Breast* Cauliflower* WG Egg Roll* Cinnamon Raisin Bread/Marg Jell-O Cake or Diet Jell-O Cake 1% or Skim Milk
Monday 4/27/2020	Tuesday 4/28/2020	Wednesday 4/29/2020	Thursday 4/30/2020	Friday
Turkey Tetrazini with WG Pasta Green Peas* Broccoli* WG Dinner Roll/Marg Diced Peaches 1% or Skim Milk	10 Grain Fish* Tartar Sauce Diced Baby Red Potatoes Cauliflower & Carrots* Marble Rye/Margarine Sliced Pears 1% or Skim Milk	Country Fried Steak* w/ Country Gravy Mashed Potatoes Green Beans* Vienna Bread Slice/Marg Peanut Butter Cookie or Diet Cookies 1% or Skim Milk	Meatloaf in Gravy Baked Potato/Sour Cream Roasted Baby Carrots Sourdough Roll/Marg Oatmeal Cream Pie or Diet Cookies 1% or Skim Milk	
				* Items to be heated or microwaved at the centers

Menus subject to change