

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

April 2020

Monday	Tuesday	Wednesday 4/1/2020	Thursday 4/2/2020	Friday 4/3/2020
		Ham Au gratin Potatoes Green Beans w/ Peppers WG Dinner Roll/Marg Pineapple 1% Milk	Ground Beef Stew w/Vegetables WK Corn Cinnamon Pear Slices WG Mini Biscuit/Marg 1% Milk	Baked Cod Loin in Pesto Cream Sauce Diced Sweet Potatoes Green Peas Marble Bread/Marg Chocolate Pudding 1% Milk
Monday 4/6/2020	Tuesday 4/7/2020	Wednesday 4/8/2020	Thursday 4/9/2020	Friday 4/10/2020
Sloppy Joe Sandwich Seasoned Potato Wedges Mixed Vegetables WG Hamburger Bun Tropical Fruit Mix 1% Milk	Cheesy Chicken Breast Mexican Rice Mexican Bean Trio WG Breadstick/Marg Fruit Cocktail 1% Milk	Roast Beef & Gravy Garlic Mashed Potatoes Roasted Baby Carrots Honey Wheat Bread/Marg Plain Cake Square 1% Milk	Creamed Chicken Gravy Diced Baby Reds Green Beans Biscuit Peaches & Strawberries 1% Milk	Breaded Fish w/ Tartar Sauce BBQ Baked Beans Creamed Corn WG Hamburger Bun Mandarin Oranges 1% 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 Brown Rice Zucchini & Tomatoes WG Breadstick/Marg Ambrosia Fruit Salad 1% Milk	Cheeseburger Meatloaf Potato Medley Mixed Vegetables WG Hamurger Bun Chocolate Chip Muffin 1% Milk	Pork Chop in Gravy 1/2 Baked Potato Winter Blend Vegetables WG Bread/Marg Plain Cake Square Sour Cream PC 1% Milk	Swedish Meatballs Mashed Potatoes Diced Glazed Beets Petite Roll/Marg Cinnamon Applesauce 1% Milk	Hamburger Pizza Pasta w/ Pepperoni & WG Rotini Corn Italian Blend Vegetables Italian Roll/Marg Gelatin w/Pears 1% 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% Milk	Taco Meat Chuckwagon Corn Glazed Pineapple Lettuce, Tomato, Cheese 8" Flour Tortilla Taco Sauce PC 1% Milk	Meatballs/Gravy Stewed Tomatoes Mashed Potatoes WG Bread Slice/Marg Applesauce 1% Milk	Beef Ravioli & Marinara Spring Blend Vegetables Green Peas WG Breadstick/Marg Fruit Mix 1% Milk	Sweet & Sour Chicken Cauliflower WG Egg Roll Cinnamon Raisin Bread Diet Jell-O Cake 1% 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% Milk	10 Grain Fish Diced Baby Red Potatoes Cauliflower & Carrots Marble Rye/Margairne Sliced Pears 1% Milk Tartar Sauce	Country Fried Steak w/ Country Gravy Mashed Potatoes Green Beans Vienna Bread Slice/Marg Peanut Butter Cookie 1% Milk	Meatloaf in Gravy 1/2 Baked Potato Roasted Baby Carrots Sourdough Roll/Marg Oatmeal Cream Pie Sour Cream 1% Milk	

Menus subject to change