


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

<b>Monday 6/1/2020</b>	<b>Tuesday 6/2/2020</b>	<b>Wednesday 6/3/2020</b>	<b>Thursday 6/4/2020</b>	<b>Friday 6/5/2020</b>
Creamed Chicken Gravy over Biscuit Mashed Potatoes Brussels Sprouts* Orange Muffin Square 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	Cheesy Chicken Breast* Mexican Rice Mexican Bean Trio WG Bread Stick/Margarine Fruit Cocktail 1% or Skim Milk	BBQ Pork Rib Patty BBQ Baked Beans Creamed Corn WG Coney Bun Peaches & Strawberries 1% or Skim Milk	Meatloaf in Gravy Mashed Potatoes Zucchini & Tomatoes* WG Dinner Roll/Marg Oatmeal Cream Pie or Diet Cookies 1% or Skim Milk
<b>Monday 6/8/2020</b>	<b>Tuesday 6/9/2020</b>	<b>Wednesday 6/10/2020</b>	<b>Thursday 6/11/2020</b>	<b>Friday 6/12/2020</b>
Country Fried Steak* w/ Country Gravy Mashed Potatoes Monaco Blend Vegetables* Vienna Bread Slice/Marg Diced Peaches 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	Sliced Roast Beef in Brown Gravy Garlic Mashed Potatoes Mixed Vegetables* WG Dinner Roll/Marg Decorated Birthday Cake or Plain Cake Square 1% or Skim Milk	All Beef Chili Dog* w/ Shredded Cheese Diced Baby Red Potatoes Cauliflower & Carrots* WG Hot Dog Bun Tropical Fruit 1% or Skim Milk	Ham & Au gratin Potatoes Broccoli* WG Dinner Roll/Marg Cinnamon Pears 1% or Skim Milk
<b>Monday 6/15/2020</b>	<b>Tuesday 6/16/2020</b>	<b>Wednesday 6/17/2020</b>	<b>Thursday 6/18/2020</b>	<b>Friday 6/19/2020</b>
Sweet & Sour Chicken Breast* Brown Rice Pilaf Cauliflower* WG Egg Roll* Cinnamon Raisin Bread/Marg Mandarin Oranges 1% or Skim Milk	Meatball Stroganoff w/ Egg Noodles Diced Glazed Beets Romaine Blend Salad/Dress Petite Roll/Marg Cinnamon Applesauce 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	Pork Chop in Gravy Twice Baked Whipped Potato Roasted Baby Carrots WG Dinner Roll/Marg Banana Pudding or Diet Pudding 1% or Skim Milk	Cheeseburger Meatloaf* Sandwich on WG Bun w/ Leaf Lettuce, Sliced Tomato Red Onion & Pickle Slices Potato Medley Frosted Brownie or Diet Cookies 1% or Skim Milk <b>Happy Father's Day</b>
<b>Monday 6/22/2020</b>	<b>Tuesday 6/23/2020</b>	<b>Wednesday 6/24/2020</b>	<b>Thursday 6/25/2020</b>	<b>Friday 6/26/2020</b>
10 Grain Fish* Cheesy Hashbrowns Stewed Tomatoes* Marble Rye/Margarine Fresh Orange Tartar Sauce 1% or Skim Milk	Lemon Pepper Chicken Breast* over White Citrus Rice California Blend Vegetables* WG Breadstick/Marg Ambrosia Fruit Salad 1% or Skim Milk	Beef Ravioli with Marinara Sauce Green Beans* Romaine Blend Salad/Dress Garlic Bread Fruit Mix 1% or Skim Milk	Sloppy Joe Sandwich on WG Hamburger Bun Tater Tots* Mixed Vegetables & Tropical Fruit Mix 1% or Skim Milk	Turkey Tetrazini with WG Pasta Green Peas* Crinkle Cut Carrots* WG Breadstick/Marg Chocolate Chip Muffin or Diet Cookies 1% or Skim Milk
<b>Monday 6/29/2020</b>	<b>Tuesday 6/30/2020</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
Ground Beef Stew w/ Vegetables Winter Mix* WG Mini Biscuit/Marg Jell-O Cake or Diet Jell-O Cake 1% or Skim Milk	Italian Seafood Pasta w/ Creamy White Sauce Romaine Blend Salad/DressPC Spring Blend Vegetables* WG Breadstick/Marg Diced Pears 1% or Skim Milk			 * Items to be heated or microwaved at the centers

Menus subject to change