


Eastern Nebraska Office on Aging

Meals on Wheels

June 2020

Monday 6/1/2020	Tuesday 6/2/2020	Wednesday 6/3/2020	Thursday 6/4/2020	Friday 6/5/2020
Creamed Chicken Gravy Mashed Potatoes Brussels Sprouts Biscuit Orange Muffin Square 1% Milk	Tuna & Noodle Cass. Diced Carrots Glazed Diced Beets WG Bread Slice/Marg Applesauce 1% Milk	Cheesy Chicken Breast Mexican Rice Mexican Bean Trio WG Breadstick/Marg Fruit Cocktail 1% Milk	BBQ Pork Rib Patty BBQ Baked Beans Creamed Corn WG Coney Bun Peaches & Strawberries 1% Milk	Meatloaf in Gravy Mashed Potatoes Zucchini & Tomatoes WG Dinner Roll/Marg Oatmeal Cream Pie 1% Milk
Monday 6/8/2020	Tuesday 6/9/2020	Wednesday 6/10/2020	Thursday 6/11/2020	Friday 6/12/2020
Country Fried Steak w/ Country Gravy Mashed Potatoes Monaco Blend Veggies Vienna Bread Slice/Marg Diced Peaches 1% Milk	Baked Cod Loin in Pesto Cream Sauce Diced Sweet Potatoes Green Peas Marble Bread/Marg Chocolate Pudding 1% Milk	Sliced Roast Beef in Brown Gravy Garlic Mashed Potatoes Mixed Vegetables WG Dinner Roll/Marg Plain Cake Square 1% Milk	All Beef Chili Dog Diced Baby Red Potatoes Cauliflower & Carrots WG Hot Dog Bun Tropical Fruit 1% Milk	Ham & Au gratin Potatoes Broccoli Cinnamon Pears WG Dinner Roll/Marg 1% Milk
Monday 6/15/2020	Tuesday 6/16/2020	Wednesday 6/17/2020	Thursday 6/18/2020	Friday 6/19/2020
Sweet & Sour Chicken Brown Rice Pilaf Cauliflower Egg Roll Cinnamon Raisin Bread Mandarin Oranges 1% Milk	Meatball Stroganoff w/ Egg Noodles Diced Glazed Beets Cinnamon Applesauce Romaine Blend Salad Petite Roll/Marg Ranch Dressing PC 1% Milk	Taco Meat Chuckwagon Corn Glazed Pineapple Lettuce, Tomato, Cheese 8" Flour Tortilla Taco Sauce PC 1% Milk	Pork Chop in Gravy Twice Baked Whip Potato Baby Roasted Carrots WG Dinner Roll/Marg Banana Pudding 1% Milk	Cheeseburger Meatloaf Potato Medley Mixed Vegetables WG Hamburger Bun Brownie 1% Milk
Monday 6/22/2020	Tuesday 6/23/2020	Wednesday 6/24/2020	Thursday 6/25/2020	Friday 6/26/2020
10 Grain Fish Cheesy Hashbrowns Stewed Tomatoes Marble Rye/Margarine Fresh Orange Tartar Sauce 1% Milk	Lemon Pepper Chicken Breast White Citrus Rice California Blend Veggies WG Breadstick/Marg Ambrosia Fruit Salad 1% Milk	Beef Ravioli & Marinara Green Beans Corn Hearth Roll/Marg Fruit Mix 1% Milk	Sloppy Joe Sandwich Seasoned Potato Wedges Mixed Vegetables WG Hamburger Bun Tropical Fruit Mix 1% Milk	Turkey Tetrazini with WG Pasta Green Peas Crinkle Cut Carrots WG Breadstick/Marg Chocolate Chip Muffin 1% Milk
Monday 6/29/2020	Tuesday 6/30/2020			
Ground Beef Stew/Veg Winter Mix WG Mini Biscuit/Marg Diet Jell-O Cake Sour Cream PC 1% Milk	Italian Seafood Pasta w/ Creamy White Sauce Spring Blend Vegetables Diced Pears WG Breadstick/Marg Romaine Blend Salad Salad Dressing PC 1% Milk			

Menus subject to change