






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

Monday	Tuesday	Wednesday	Thursday	Friday 5/1/2020
 * Items to be heated or microwaved at the centers				Creamed Chicken Gravy over Biscuit Potato Medley Winter Blend Vegetable* Cherry Muffin Square 1% or Skim Milk
Monday 5/4/2020	Tuesday 5/5/2020	Wednesday 5/6/2020	Thursday 5/7/2020	Friday 5/8/2020
BBQ Pork Rib Patty BBQ Baked Beans Creamed Corn WG Coney Bun Peaches & Strawberries 1% or Skim Milk	Cheesy Chicken Breast* Mexican Rice Mexican Bean Trio WG Bread Stick Chocolate Pudding or Diet Pudding 1% or Skim Milk	Baked Cod Loin in Pesto Cream Sauce Baked Sweet Potato Green Peas* Marble Bread/Marg Strawberry Applesauce 1% or Skim Milk	Swedish Meatballs Scalloped Potatoes Diced Glazed Beets Petite Roll/Marg Mandarin Oranges 1% or Skim Milk	Mother's Day Brunch Cheese Omelet* Chef Mike's Cheese Sauce Breakfast Potatoes Fresh Banana Orange Juice Cinnamon Roll 1% or Skim Milk 
Monday 5/11/2020	Tuesday 5/12/2020	Wednesday 5/13/2020	Thursday 5/14/2020	Friday 5/15/2020
Cheeseburger Meatloaf* Sandwich on WG Bun w/ Leaf Lettuce, Sliced Tomato Red Onion & Pickle Slices Diced Baby Red Potatoes Fruit Mix 1% or Skim Milk	Oven Fried Chicken Breast* w/ Country Gravy Mashed Potatoes Corn Cobette Vienna Bread Slice/Marg Peanut Butter Cookie or Diet Cookies 1% or Skim Milk	Baked Ham* with Citrus Glaze Baked Potato/Sour Cream PC Carrot Coins* Honey Wheat Bread/Marg Decorated Birthday Cake or Plain Cake Square 1% or Skim Milk	Lemon Pepper Chicken * Breast over Brown Rice Zucchini & Tomatoes* WG Breadstick/Marg Ambrosia Fruit Salad 1% or Skim Milk	Beef Ravioli with Marinara Sauce Romaine Blend Salad/Dress PC Brussels Sprouts* Garlic Bread Chocolate Chip Muffin or Diet Cookies 1% or Skim Milk
Monday 5/18/2020	Tuesday 5/19/2020	Wednesday 5/20/2020	Thursday 5/21/2020	Friday 5/22/2020
10 Grain Fish*/Tartar Sauce Au gratin Potatoes Broccoli* WG Dinner Roll/Marg Peach Yogurt or Diet Pudding 1% or Skim Milk	Turkey Tetrazini with WG Pasta Green Peas* Chuckwagon Corn WG Dinner Roll/Marg Diced Peaches 1% or Skim Milk	Sloppy Joe Sandwich on WG Hamburger Bun Tater Tots* Mixed Vegetables* Tropical Fruit Mix 1% or Skim Milk	Sliced Roast Beef & Gravy Mashed Potatoes Roasted Baby Carrots Heavy Hearth Roll/Marg Fruit Cobbler or Plain Cake Square 1% or Skim Milk	Sweet & Sour Chicken Breast* Brown Rice Pilaf Oriental Blend Vegetables* WG Egg Roll* Cinnamon Raisin Bread/Marg Fruit Cocktail 1% or Skim Milk
Monday 5/25/2020	Tuesday 5/26/2020	Wednesday 5/27/2020	Thursday 5/28/2020	Friday 5/29/2020
 Senior Center Closed	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 Corn* Tortilla Chips Sour cream/Taco Sauce Pineapple Tidbits 1% or Skim Milk	Ground Beef Stew with Vegetables Winter Mix* WG Mini Biscuit/Marg Jell-O Cake or Diet Jell-O Cake 1% or Skim Milk	Pork Chop in Gravy Twice Baked Whipped Potato Crinkle Cut Carrots* WG Dinner Roll/Marg Lemon Pudding or Diet Pudding 1% or Skim Milk

Menus subject to change