

**Eastern Nebraska Office on Aging
Grab and Go Meals**

July 2020

		<p align="center">Wednesday 7/1/2020</p> <p>Hamburger Patty Potato Medley Corn Lettuce & Tomato Sugar Cookie WG Hamburger Bun 1% Milk</p>	<p align="center">Thursday 7/2/2020</p> <p>BBQ Meatballs Macaroni & Cheese Mixed Vegetables 100% Wheat Bread/Marg Fruit Cocktail 1% Milk</p>	<p align="center">Friday 7/3/2020</p> <p align="center"><i>Independence Day</i></p> <p align="center"><i>Holiday</i></p> <p align="center">No Grab & Go Meals</p>
		<p align="center">Monday 7/6/2020</p> <p>Salisbury Steak & Mushroom Gravy Mashed Potatoes Carrot Coins WG Dinner Roll/Marg Cherry Vanilla Yogurt 1% Milk</p>	<p align="center">Tuesday 7/7/2020</p> <p>10 Grain Fish Brown Rice Pilaf Capri Blend Vegetables Marble Bread Slice/Marg Mandarin Oranges Tartar Sauce PC 1% Milk</p>	<p align="center">Wednesday 7/8/2020</p> <p>Deli Roast Beef & Swiss Lettuce & Tomato Three Bean Salad Kaiser Bun Plain Cake Square 1% Milk</p> <p align="center">Cold Menu</p>
<p align="center">Monday 7/13/2020</p> <p>Grilled Chicken Sandwich Mixed Vegetables Sliced Peaches WG Hamburger Bun Potato Salad 1% Milk</p>	<p align="center">Tuesday 7/14/2020</p> <p>WG Spaghetti & Meatballs Italian Blend Veggies Cinnamon Applesauce Romaine Salad WG Breadstick/Marg Dressing PC 1% Milk</p>	<p align="center">Wednesday 7/15/2020</p> <p>Cheesy Broccoli Chicken Breast Brown Rice Pilaf Honey Roasted Baby Carrots WG Dinner Roll/Marg Strawberry Delight 1% Milk</p>	<p align="center">Thursday 7/16/2020</p> <p>Pork Fritter & Gravy 1/2 Baked Potato Mediterranean Blend Veg WG Dinner Roll/Marg Tropical Fruit Mix Sour Cream PC 1% Milk</p>	<p align="center">Friday 7/17/2020</p> <p>Meatloaf/ TomatoGravy Cheesy Hashbrowns Peas WG Bread Slice/Marg Strawberries & Pineapple 1% Milk</p>
<p align="center">Monday 7/20/2020</p> <p>Cod Loin in Manhattan Red Sauce Garlic Roasted Baby Reds Brussels Sprouts Rye Bread/Marg Frosted Brownie 1% Milk</p>	<p align="center">Tuesday 7/21/2020</p> <p>Breaded Chicken Tenders Twice Baked Mash Potato Green Beans WG Dinner Roll/Marg Apricot Halves BBQ Sauce PC 1% Milk</p>	<p align="center">Wednesday 7/22/2020</p> <p>Italian Casserole Green Peas Cauliflower Italian Dinner Roll/Marg Ambrosia Salad 1% Milk</p>	<p align="center">Thursday 7/23/2020</p> <p>All Beef Jumbo Frank Seasoned Potato Wedges Diced Carrots WG Hot Dog Bun Strawberry Applesauce 1% Milk</p>	<p align="center">Friday 7/24/2020</p> <p>Chicken Marsala Potato Medley Zucchini & Tomatoes Honey Wheat Bread/Marg Chocolate Chip Cookie 1% Milk</p>
<p align="center">Monday 7/27/2020</p> <p>Taco Casserole Green Beans Chuckwagon Corn Wheat Bread/Marg Diced Pears 1% Milk</p>	<p align="center">Tuesday 7/28/2020</p> <p>BBQ Pork Sandwich Scalloped Potatoes Broccoli WG Hamburger Bun Pineapple 1% Milk</p>	<p align="center">Wednesday 7/29/2020</p> <p>Sliced Roast Beef & Gravy Garlic Parm Mash Potatoes Diced Beets Vienna bread/Margarine Vanilla Pudding 1% Milk</p>	<p align="center">Thursday 7/30/2020</p> <p>Chicken Fried Rice Oriental Blend Vegetables Diced Carrots Cinn. Raisin Bread/Marg Plain Cake Square 1% Milk</p>	<p align="center">Friday 7/31/2020</p> <p>Diced Turkey & Gravy Mashed Potatoes Green Peas WG Breadstick/Marg Cinnamon Apple Slices 1% Milk</p>

Menus subject to change

Final 5/8/2020