

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

July 2019

		Wednesday 7/1/2020 Hamburger Patty Potato Medley Corn Lettuce & Tomato Sugar Cookie WG Hamburger Bun 1% Milk	Thursday 7/2/2020 BBQ Meatballs Macaroni & Cheese Mixed Vegetables 100% Wheat Bread/Marg Fruit Cocktail 1% Milk	Friday 7/3/2020 <p align="center"><i>Holiday Meal</i> <i>by reservation only</i></p>
		Monday 7/6/2020 Salisbury Steak & Mushroom Gravy Mashed Potatoes Carrot Coins WG Dinner Roll/Marg Cherry Vanilla Yogurt 1% Milk	Tuesday 7/7/2020 10 Grain Fish Brown Rice Pilaf Capri Blend Vegetables Marble Bread Slice/Marg Mandarin Oranges Tartar Sauce PC 1% Milk	Wednesday 7/8/2020 Deli Roast Beef & Swiss Lettuce & Tomato Three Bean Salad Kaiser Bun Plain Cake Square 1% Milk Cold Menu
Monday 7/13/2020 Grilled Chicken Sandwich Mixed Vegetables Sliced Peaches WG Hamburger Bun Potato Salad 1% Milk	Tuesday 7/14/2020 WG Spaghetti & Meatballs Italian Blend Veggies Cinnamon Applesauce Romaine Salad WG Breadstick/Marg Dressing PC 1% Milk	Wednesday 7/15/2020 Cheesy Broccoli Chicken Breast Brown Rice Pilaf Honey Roasted Baby Carrots WG Dinner Roll/Marg Strawberry Delight 1% Milk	Thursday 7/16/2020 Pork Fritter & Gravy 1/2 Baked Potato Mediterranean Blend Veg WG Dinner Roll/Marg Tropical Fruit Mix Sour Cream PC 1% Milk	Friday 7/17/2020 Meatloaf/ Tomato Gravy Cheesy Hashbrowns Peas WG Bread Slice/Marg Strawberries & Pineapple 1% Milk
Monday 7/20/2020 Cod Loin in Manhattan Red Sauce Garlic Roasted Baby Reds Brussels Sprouts Rye Bread/Marg Frosted Brownie 1% Milk	Tuesday 7/21/2020 Breaded Chicken Tenders Twice Baked Mash Potato Green Beans WG Dinner Roll/Marg Apricot Halves BBQ Sauce PC 1% Milk	Wednesday 7/22/2020 Italian Casserole Green Peas Cauliflower Italian Dinner Roll/Marg Ambrosia Salad 1% Milk	Thursday 7/23/2020 All Beef Jumbo Frank Seasoned Potato Wedges Diced Carrots WG Hot Dog Bun Strawberry Applesauce 1% Milk	Friday 7/24/2020 Chicken Marsala Potato Medley Zucchini & Tomatoes Honey Wheat Bread/Marg Chocolate Chip Cookie 1% Milk
Monday 7/27/2020 Taco Casserole Green Beans Chuckwagon Corn Wheat Bread/Marg Diced Pears 1% Milk	Tuesday 7/28/2020 BBQ Pork Sandwich Scalloped Potatoes Broccoli WG Hamburger Bun Pineapple 1% Milk	Wednesday 7/29/2020 Sliced Roast Beef & Gravy Garlic Parm Mash Potatoes Diced Beets Vienna bread/Margarine Vanilla Pudding 1% Milk	Thursday 7/30/2020 Chicken Fried Rice Oriental Blend Vegetables Diced Carrots Cinn. Raisin Bread/Marg Plain Cake Square 1% Milk	Friday 7/31/2020 Diced Turkey & Gravy Mashed Potatoes Green Peas WG Breadstick/Marg Cinnamon Apple Slices 1% Milk

Menus subject to change

Final 5/8/2020