

**Eastern Nebraska Office on Aging  
Grab and Go Meals  
August 2020**

<b>Monday 8/3/2020</b>	<b>Tuesday 8/4/2020</b>	<b>Wednesday 8/5/2020</b>	<b>Thursday 8/6/2020</b>	<b>Friday 8/7/2020</b>
WG Spaghetti & Meatballs Italian Blend Veggies Cinnamon Applesauce Romaine Blend Salad WG Breadstick Dressing PC 1% Milk	Hamburger Patty Seasoned Potato Wedges Corn Lettuce & Tomato Sugar Cookie 1% Milk	Chicken Piccata Brown Rice Pilaf Cauliflower Marble Bread Slice/Marg Butterscotch Pudding 1% Milk	Oven Fried Chicken Breast Mashed Potatoes & Gravy Broccoli WG Dinner Roll/Marg Diced Peaches 1% Milk	Salisbury Steak & Mushroom Gravy Potato Medley Carrot Coins WG Dinner Roll/Marg Strawberries & Pineapple 1% Milk
<b>Monday 8/10/2020</b>	<b>Tuesday 8/11/2020</b>	<b>Wednesday 8/12/2020</b>	<b>Thursday 8/13/2020</b>	<b>Friday 8/14/2020</b>
Chicken Fried Rice Oriental Blend Vegetables Diced Carrots Cinn. Raisin Bread/Marg Fresh Orange 1% Milk	Meatloaf /Tomato Gravy Cheesy Whip Potatoes Peas WG Petite Dinner Roll/Marg Cherry Vanilla Yogurt 1% Milk	Sliced Roast Beef & Gravy Garlic Parm Mash Potatoes Diced Beets WG Bread Slice/Marg Plain Cake Square 1% Milk	Cod Loin in Manhattan Red Sauce Garlic Roasted Baby Reds Brussels Sprouts Rye Bread Slice/Marg Frosted Brownie 1% Milk	Grilled Chicken Sandwich Mixed Vegetable Sliced Peaches WG Hamburger Bun Potato Salad 1% Milk
<b>Monday 8/17/2020</b>	<b>Tuesday 8/18/2020</b>	<b>Wednesday 8/19/2020</b>	<b>Thursday 8/20/2020</b>	<b>Friday 8/21/2020</b>
Pork Fritter & Gravy 1/2 Baked Potato Corn WG Dinner Roll/Marg Tropical Fruit Mix Sour Cream PC 1% Milk	Cheesy Broccoli Chicken Breast Brown Rice Pilaf Honey Roasted Baby Carrots WG Dinner Roll/Marg Strawberry Delight 1% Milk	Tuna Salad Lettuce & Tomato Marinated Vegetable Salad WG Bread (2slices) Strawberry Applesauce 1% Milk	Meatballs & Gravy Mashed Potatoes Zucchini & Tomatoes Honey Wheat Bread/Marg Chocolate Chip Cookie 1% Milk	Italian Casserole Green Peas Cauliflower Italian Dinner Roll/Marg Ambrosia Salad 1% Milk
<b>Monday 8/24/2020</b>	<b>Tuesday 8/25/2020</b>	<b>Wednesday 8/26/2020</b>	<b>Thursday 8/27/2020</b>	<b>Friday 8/28/2020</b>
10 Grain Fish Corn O'Brien Green Beans WG Breadstick/Margarine Vanilla Pudding Tartar Sauce 1% Milk	Taco Meat Chuckwagon Potatoes Cinnamon Apple Slices Cheese, Tomato, Lettuce 8" Flour Tortilla Taco Sauce PC 1% Milk	BBQ Pork Sandwich Scalloped Potatoes Broccoli WG Hamburger Bun Pineapple Tidbits 1% Milk	Diced Turkey & Gravy Mashed Potatoes Green Peas Vienna Bread/Marg Mandarin Oranges 1% Milk	Pork Chop with Pineapple Salsa Diced Sweet Potatoes Cali Blend Vegetables WG Petite Roll/Marg Plain Cake Square 1% Milk
<b>Monday 8/31/2020</b>				
Asian Beef & Rice Cass Oriental Blend Vegetables WG Egg Roll Cinn. Raisin Bread/Marg Lemon Blueberry Muffin Square 1% Milk				

Menus subject to change

Final 5/8/2020