

**Eastern Nebraska Office on Aging
Meals on Wheels Menu
October 2020**

Monday	Tuesday	Wednesday	Thursday	Friday 10/2/2020
			Ham & Beans Carrots Pineapple Tidbits Romaine Salad/Drst Cornbread/Margarine 1% Milk	Chicken Cordon Bleu w/ Swiss Mornay Sauce Rosemary Diced Potatoes California Blend Veggies WG Dinner Roll/Marg Oatmeal Raisin Cookie 1% Milk
Monday 10/5/2020	Tuesday 10/6/2020	Wednesday 10/7/2020	Thursday 10/8/2020	Friday 10/9/2020
Baked Cod Loin in Sweet Basil Sauce Baked Sweet Potatoes Zucchini & Tomatoes WG Dinner Roll/Marg Tropical Fruit Mix 1% Milk	BBQ Meatballs Potato Medley Mixed Vegetables WG Petite Roll/Marg Fresh Orange 1% Milk	Country Fried Steak with Country Gravy Mashed Potatoes Mixed Vegetables WG Mini Biscuit/Marg Fresh Banana 1% Milk	Sweet & Sour Chicken Breast Oriental Blend Veggies WG Vegetable Egg Roll Cinn. Raisin Bread/Marg Tapioca Pudding 1% Milk	All Beef Hot Dog with Chili Topping Seasoned Potato Wedges Corn WG Hot Dog Bun Pineapple & Strawberries 1% Milk
Monday 10/12/2020	Tuesday 10/13/2020	Wednesday 10/14/2020	Thursday 10/15/2020	Friday 10/16/2020
Columbus Day Holiday Meal by Resevation Only	Oven Roast Pork Loin with Pork Gravy Diced Sweet Potatoes Brussels Sprouts WG Dinner Roll/Marg Peanut Butter Cookie 1% Milk	Sliced Roast Beef & Brown Gravy Mashed Potatoes Honey Glazed Carrots Rye Bread/Marg Plain Cake Square 1% Milk	Seafood Chowder Garlic & Butter Diced Reds California Blend Veggies Marble Rye Bread/Marg Fruit Crisp 1% Milk	Hamburger Patty with Garlic Mushroom Gravy Scalloped Potatoes Peas & Pearl Onions 100% Wheat Bread/Marg Mandarin Oranges 1% Milk
Monday 10/19/2020	Tuesday 10/20/2020	Wednesday 10/21/2020	Thursday 10/22/2020	Friday 10/23/2020
Orange Chicken Stir Fry w/ WG Spaghetti Pasta Peas & Carrots WG Vegetable Egg Roll Strawberry Yogurt Cup 1% Milk	Beef Ravioli in Marinara Sauce Italian Blend Veggies Cinn. Applesauce Romaine Blend Salad Ranch Dressing PC WG Breadstick/Marg 1% Milk	10-Grain Fish Filet Au gratin Potatoes Broccoli WG Dinner Roll/Marg Fruited Diet Gelatin Tartar Sauce PC 1% Milk	Taco Joe Sandwich Seasoned Potato Wedges Chuckwagon Corn WG Hamburger Bun Sliced Apricots 1% Milk	Chicken Breast & Chicken Gravy Whipped Potatoes Green Beans Honey Wheat Bread/Marg Frosted Brownie 1% Milk
Monday 10/26/2020	Tuesday 10/27/2020	Wednesday 10/28/2020	Thursday 10/29/2020	Friday 10/30/2020
Chicken Fried Steak & Gravy Garlic Mashed Potatoes Country Blend Veggies Vienna Bread Slice/Marg Mandarin Oranges 1% Milk	Swedish Meatballs 1/2 Baked Potato Stewed Tomatoes WG Dinner Roll/Marg Pear Slices 1% Milk	BBQ Chicken Breast BBQ Baked Beans Diced Carrots WG Hamburger Bun Strawberry Applesauce 1% Milk	Italian Goulash with WG Elbow Noodles Italian Blend Veggies Corn Vienna Bread/Marg Diced Peaches 1% Milk	Salisbury Steak & Brown Gravy Loaded Mash Potatoes Green Beans WG Dinner Roll/Marg Apple Delight 1% Milk