

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

	<b>Tuesday 9/1/2020</b>	<b>Wednesday 9/2/2020</b>	<b>Thursday 9/3/2020</b>	<b>Friday 9/4/2020</b>
	Salisbury Steak & Mushroom Gravy Diced Baby Reds Carrot Coins WG Dinner Roll/Marg Sliced Pears 1% Milk	Chicken Piccata Brown Rice Pilaf Winter Blend Veggies Marble Bread Slice/Marg Butterscotch Pudding 1% Milk	BBQ Meatballs Macaroni & Cheese Mixed Vegetables 100% Wheat Bread/Marg Fruit Cocktail 1% Milk	Grilled Chicken Sandwich BBQ Baked Beans Sliced Peaches WG Hamburger Bun Potato Salad 1% Milk
<b>Monday 9/7/2020</b>	<b>Tuesday 9/8/2020</b>	<b>Wednesday 9/9/2020</b>	<b>Thursday 9/10/2020</b>	<b>Friday 9/11/2020</b>
<b>Labor Day Holiday</b>  <b>No Meals Served</b>	WG Beef & Bean Burrito w/ Cheese Sauce Chuckwagon Corn Brown Rice Pilaf WG Breadstick/Marg Fresh Orange 1% Milk	Oven Fried Chicken Breast Mashed Potatoes & Gravy Green Beans WG Bread Slice/Marg Plain Cake Square 1% Milk	Hamburger Patty Potato Medley Cabbage & Carrots Lettuce & Tomato Sugar Cookie C WG Hamburger Bun 1% Milk	WG Spaghetti & Meatballs Italian Blend Veggies Cinnamon Applesauce Romaine Salad WG Breadstick/Marg Dressing PC 1% Milk
<b>Monday 9/14/2020</b>	<b>Tuesday 9/15/2020</b>	<b>Wednesday 9/16/2020</b>	<b>Thursday 9/17/2020</b>	<b>Friday 9/18/2020</b>
Sliced Roast Beef & Gravy Garlic Parm Mash Potatoes Diced Beets WG Breadstick/Marg Chocolate Chip Cookie 1% Milk	All Beef Jumbo Frank Seasoned Potato Wedges Diced Carrots WG Hot Dog Bun Strawberry Applesauce 1% or Skim Milk	Pork Fritter & Gravy 1/2 Baked Potato Green Peas 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 Vanilla Pudding 1% Milk	Cod Loin in Manhattan Red Sauce Garlic Roasted Baby Reds Brussels Sprouts Rye Bread/Marg Frosted Brownie 1% Milk
<b>Monday 9/21/2020</b>	<b>Tuesday 9/22/2020</b>	<b>Wednesday 9/23/2020</b>	<b>Thursday 9/24/2020</b>	<b>Friday 9/25/2020</b>
BBQ Pork Sandwich Scalloped Potatoes Broccoli WG Hamburger Bun Diced Pears 1% Milk	Chicken Marsala Potato Medley Zucchini & Tomatoes Honey Wheat Bread/Marg Pineapple Tidbits 1% Milk	Taco Meat Seasoned Potato Wedges Broccoli Cheese, Tomato, Lettuce 8" Flour Tortilla Plain Cake Square 1% Milk	10 Grain Fish Twiced Baked Mashed Pot. Green Beans WG Dinner Roll/Marg Apricot Halves Tartar Sauce PC 1% Milk	Swiss Steak in Gravy Cheesy Hashbrowns Peas WG Bread Slice/Marg Cherry Vanilla Yogurt 1% Milk
<b>Monday 9/28/2020</b>	<b>Tuesday 9/29/2020</b>	<b>Wednesday 9/30/2020</b>		
Diced Turkey & Gravy Mashed Potatoes Mixed Vegetables Vienna Bread/Marg Cinnamon Apple Slices 1% Milk	Meatloaf with Tomato Gravy 1/2 Baked Potato Corn 100% Wheat Bread/Marg Strawberry Delight Sour Cream PC 1% Milk	Cheeseburger Macaroni with WG Elbow Noodles Broccoli Mediterranean Veggies WG Breadstick/Marg Fruit Cocktail 1% Milk		

Menus subject to change

Final 5/8/2020