

**Eastern Nebraska Office on Aging  
Grab & Go Menus  
December 2020**

<b>Monday</b>	<b>Tuesday 12/1/2020</b>	<b>Wednesday 12/2/2020</b>	<b>Thursday 12/3/2020</b>	<b>Friday 12/4/2020</b>
	Oven Fried Chicken Breast with Chicken Gravy Mashed Potatoes Green Peas WG Breadstick/Marg Banana Muffin Square 1% Milk	All Beef Hot Dog with Chili Topping Seasoned Potato Wedges Corn WG Hot Dog Bun Pineapple & Strawberries 1% Milk	Italian Meatballs in Marinara Sauce Potato Medley Green Beans WG Dinner Roll/Marg Chocolate Pudding 1% Milk	Meatloaf & Gravy Roast Diced Baby Reds Carrot Coins Sourdough Roll/Margarine Sliced Apricots 1% Milk
<b>Monday 12/7/2020</b>	<b>Tuesday 12/8/2020</b>	<b>Wednesday 12/9/2020</b>	<b>Thursday 12/10/2020</b>	<b>Friday 12/11/2020</b>
Chicken Cordon Bleu w/ Swiss Mornay Sauce Mashed Potatoes California Blend Veggies WG Dinner Roll/Marg Peanut Butter Cookie 1% Milk	Italian Goulah with WG Elbow Noodles Italian Blend Veggies Corn Italian Roll/Marg Diced Peaches 1% Milk	Oven Roast Pork Loin with Pork Gravy 1/2 Baked Potato Brussels Sprouts WG Petite Roll/Marg Plain Cake Square C Sour Cream PC 1% Milk	Sweet & Sour Chicken Breast Oriental Blend Veggies Cabbage & Carrots Cinn. Raisin Bread/Marg Tropical Fruit Mix 1% Milk	Seafood Chowder Garlic & Butter Diced Reds Mixed Vegetables Marble Bread/Marg Fruit Crisp 1% Milk
<b>Monday 12/14/2020</b>	<b>Tuesday 12/15/2020</b>	<b>Wednesday 12/16/2020</b>	<b>Thursday 12/17/2020</b>	<b>Friday 12/18/2020</b>
Baked Cod Loin in Sweet Basil Sauce Baked Sweet Potatoes Zucchini & Tomatoes WG Dinner Roll/Marg Fresh Orange 1% Milk	Country Fried Steak & Gravy Garlic Whipped Potatoes Country Blend Veggies Vienna Bread Slice/Marg Plum Halves 1% Milk	Baked Ham Twice Baked Whip Potato Cheesy Broccoli WG Dinner Roll/Marg Cherry Cheesecake Pudding 1% Milk	Salisbury Steak & Brown Gravy Diced Baby Red Potatoes Parslied Carrots Sour Dough Roll/Marg Fruit Cocktail 1% Milk	BBQ Chicken Breast BBQ Baked Beans Diced Carrots WG Hamburger Bun Pear Slices 1% Milk
<b>Monday 12/21/2020</b>	<b>Tuesday 12/22/2020</b>	<b>Wednesday 12/23/2020</b>	<b>Thursday 12/24/2020</b>	<b>Friday 12/25/2020</b>
Hamburger Patty Seasoned Potato Wedges Broccoli Kaiser Bun Fresh Banana 1% Milk	10 Grain Fish Filet Diced Carrots Corn Casserole WG Bread Slice/Marg Strawberry Applesauce Tartar Sauce PC 1% Milk	Swedish Meatballs 1/2 Baked Potato Stewed Tomatoes WG Dinner Roll/Marg Strawberry Yogurt Cup Sour Cream PC 1% Milk	Pork Chop with Garlic Mushroom Gravy Scalloped Potatoes Peas & Pearl Onions 100% Whole Wheat Bread/Marg Mandarin Oranges & Pineapple 1% or Skim Milk	  <b>No Grab &amp; Go Meals</b>
<b>Monday 12/28/2020</b>	<b>Tuesday 12/29/2020</b>	<b>Wednesday 12/30/2020</b>	<b>Thursday 12/31/2020</b>	
Chicken Parm Cass. with WG Penne Pasta Roasted Baby Carrots Corn Italian Roll/Marg Applesauce 1% Milk	BBQ Pork Rib Patty Diced Baby Red Potatoes Oregon Blend Vegetables WG Hamburger Bun Frosted Brownie 1% Milk	Beef & 3 Bean Chili Corn Pineapple Tidbits Cornbread/Marg 1% Milk	Sliced Roast Beef & Brown Gravy Whipped Potatoes Green Peas Rye Bread/Marg Butterscotch Pudding 1% Milk	

Final 8/24/2020  
Revised 10/14/2020

Menus subject to change