

**Eastern Nebraska Office on Aging  
Meals on Wheels Menus  
December 2020**

<p align="center"><b>Monday</b></p> 	<p align="center"><b>Tuesday 12/1/2020</b></p> <p>Oven Fried Chicken Brest with Chicken Gravy Mashed Potatoes Green Peas WG Breadstick/Marg Banana Muffin Square 1% Milk</p>	<p align="center"><b>Wednesday 12/2/2020</b></p> <p>All Beef Hot Dog with Chili Topping Seasoned Potato Wedges Corn WG Hot Dog Bun Pineapple &amp; Strawberries 1% Milk</p>	<p align="center"><b>Thursday 12/3/2020</b></p> <p>Italian Meatballs in Marinara Sauce Potato Medley Green Beans WG Dinner Roll/Marg Chocolate Pudding 1% Milk</p>	<p align="center"><b>Friday 12/4/2020</b></p> <p>Meatloaf &amp; Gravy Roast Diced Baby Reds Carrot Coins Sourdough Roll/Margarine Sliced Apricots 1% Milk</p>
<p align="center"><b>Monday 12/7/2020</b></p> <p>Chicken Cordon Bleu w/ Swiss Mornay Sauce Mashed Potatoes California Blend Veggies CWG Dinner Roll/Marg Peanut Butter Cookie 1% Milk</p>	<p align="center"><b>Tuesday 12/8/2020</b></p> <p>Italian Goulash with WG Elbow Noodles Italian Blend Veggies Corn Italian Roll/Marg Diced Peaches 1% Milk</p>	<p align="center"><b>Wednesday 12/9/2020</b></p> <p>Oven Roast Pork Loin with Pork Gravy 1/2 Baked Potato Brussels Sprouts WG Petite Roll/Marg Plain Cake Square Sour Cream PC 1% Milk</p>	<p align="center"><b>Thursday 12/10/2020</b></p> <p>Sweet &amp; Sour Chicken Breast Oriental Blend Veggies Cabbage &amp; Carrots Cinn. Raisin Bread/Marg Tropical Fruit Mix 1% Milk</p>	<p align="center"><b>Friday 12/11/2020</b></p> <p>Seafood Chowder Garlic &amp; Butter Diced Reds Mixed Vegetables Marble Bread/Marg Fruit Crisp 1% Milk</p>
<p align="center"><b>Monday 12/14/2020</b></p> <p>Baked Cod Loin in Sweet Basil Sauce Baked Sweet Potatoes Zucchini &amp; Tomatoes WG Dinner Roll/Marg Fresh Orange 1% Milk</p>	<p align="center"><b>Tuesday 12/15/2020</b></p> <p>Country Fried Steak &amp; Gravy Garlic Whipped Potatoes Country Blend Veggies Vienna Bread Slice/Marg C Plum Halves 1% Milk</p>	<p align="center"><b>Wednesday 12/16/2020</b></p> <p>Baked Ham Twice Baked Whip Potato Cheesy Broccoli WG Dinner Roll/Marg Cherry Cheesecake Pudding 1% Milk</p>	<p align="center"><b>Thursday 12/17/2020</b></p> <p>Salisbury Steak &amp; Brown Gravy Diced Baby Red Potatoes Parslied Carrots Sour Dough Roll/Marg Fruit Cocktail 1% Milk</p>	<p align="center"><b>Friday 12/18/2020</b></p> <p>BBQ Chicken Breast BBQ Baked Beans Diced Carrots WG Hamburger Bun Pear Slices 1% Milk</p>
<p align="center"><b>Monday 12/21/2020</b></p> <p>Hamburger Patty Seasoned Potato Wedges Broccoli Kaiser Bun Fresh Banana 1% Milk</p>	<p align="center"><b>Tuesday 12/22/2020</b></p> <p>10 Grain Fish Filet HDiced Carrots Corn Casserole WG Bread Slice/Marg Strawberry Applesauce Tartar Sauce PC 1% Milk</p>	<p align="center"><b>Wednesday 12/23/2020</b></p> <p>Swedish Meatballs 1/2 Baked Potato Stewed Tomatoes WG Dinner Roll/Marg Strawberry Yogurt Cup Sour Cream PC 1% Milk</p>	 <p align="center"><i>Meal by Reservation Only</i>      <i>Meal by Reservation Only</i></p>	
<p align="center"><b>Monday 12/28/2020</b></p> <p>Chicken Parm Cass. with WG Penne Pasta Roasted Baby Carrots Corn Italian Roll/Marg Applesauce 1% Milk</p>	<p align="center"><b>Tuesday 12/29/2020</b></p> <p>BBQ Pork Rib Patty Diced Baby Red Potatoes Oregon Blend Vegetables WG Hamburger Bun Frosted Brownie 1% Milk</p>	<p align="center"><b>Wednesday 12/30/2020</b></p> <p>Beef &amp; 3 Bean Chili Corn Pineapple Tidbits Cornbread/Marg 1% Milk</p>	<p align="center"><b>Thursday 12/31/2020</b></p> <p>Sliced Roast Beef &amp; Brown Gravy Whipped Potatoes Green Peas Rye Bread/Marg Butterscotch Pudding 1% Milk</p>	

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

Menus subject to change