

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

Monday 11/2/2020	Tuesday 11/3/2020	Wednesday 11/4/2020	Thursday 11/5/2020	Friday 11/6/2020
BBQ Meatballs Potato Medley Mixed Vegetables WG Dinner Roll/Marg Fresh Orange 1% Milk	Baked Cod Loin in Sweet Basil Sauce Baked Sweet Potatoes Zucchini & Tomatoes WG Petite Roll/Marg Tropical Fruit Mix 1% Milk	Oven Fried Chicken Breast Whipped Potatoes with Chicken Gravy Green Beans WG Bread/Marg Banana Muffin Square 1% Milk	Meatloaf & Gravy Roast Diced Baby Reds Broccoli Cornbread Muffin/Marg Pear Slices 1% Milk	Sweet & Sour Chicken Breast Oriental Blend Veggies Cabbage & Carrots Cinn. Raisin Bread/Marg Pineapple Tidbits 1% Milk
Monday 11/9/2020	Tuesday 11/10/2020	Wednesday 11/11/2020	Thursday 11/12/2020	Friday 11/13/2020
All Beef Hot Dog with Chili Topping Seasoned Potato Wedges Corn WG Hot Dog Bun Fresh Orange 1% Milk	Baked Ham Broccoli Rice Casserole Honey Glazed Carrots WG Dinner Roll/Marg Plain Cake Square 1% Milk	<i>Veteran's Day Holiday</i> <i>Meal by Reservation Only</i>	Beef Ravioli in Marinara Sauce Italian Blend Veggies Cinn. Applesauce Romaine Blend Salad Ranch Dressing PC WG Breadstick/Marg 1% Milk	BBQ Chicken Breast BBQ Baked Beans Cauliflower WG Hamburger Bun Diced Peaches 1% Milk
Monday 11/16/2020	Tuesday 11/17/2020	Wednesday 11/18/2020	Thursday 11/19/2020	Friday 11/20/2020
Hamburger Patty with Garlic Mushroom Gravy Scalloped Potatoes Brussels Sprouts 100% Wheat Bread/Marg Mandarin Oranges 1% Milk	Seafood Chowder Garlic & Butter Diced Reds California Blend Veggies WG Dinner Roll/Marg Ambrosia Salad 1% Milk	Sliced Roast Beef & Brown Gravy Whipped Potatoes Green Peas Rye Bread/Marg Butterscotch Pudding 1% Milk	Chicken Breast & Chicken Gravy Potato Medley Green Beans Heavy Hearth Roll/Marg Diced Pears 1% Milk	Beef & 3 Bean Chili Carrot Coins Fruit Crisp Cornbread/Marg 1% Milk
Monday 11/23/2020	Tuesday 11/24/2020	Wednesday 11/25/2020	Thursday 11/26/2020	Friday 11/27/2020
Taco Joe Sandwich Augratin Potatoes Broccoli WG Hamburger Bun Pear Slices 1% Milk	Swedish Meatballs 1/2 Baked Potato Stewed Tomatoes Sour Dough Roll/Marg Strawberry Yogurt Cup C Sour Cream PC 1% Milk	Turkey Breast & Gravy over Cornbread Dressing Whipped Potatoes Green Bean Casserole WG Petite Roll/Marg Pumpkin Dessert 1% Milk	 <i>No Meal Served</i>	<i>Meal by Reservation Only</i>
Monday 11/30/2020				
10 Grain Fish Corn O'Brien Broccoli Wheatberry Roll/Marg Diet Fruited Gelatin Tartar Sauce PC 1% Milk				