

**Eastern Nebraska Office on Aging
Grab & Go Meals
March 2021**

Monday 3/1/2021	Tuesday 3/2/2021	Wednesday 3/3/2021	Thursday 3/4/2021	Friday 3/5/2021
Pork Fritter & Gravy Mashed Potatoes Brussels Sprouts Marble Bread/Marg Classic Fruit Salad 1% Milk	Beef & Bean Chili 1/2 Baked Potato Green Beans Cornbread/Marg Tropical Fruit Sour Cream PC 1% Milk	Creamed Chicken Gravy Peas & Carrots Glazed Pineapple Raspberry Muffin Square Romaine Blend Salad Dressing PC 1% Milk	Ham & Scalloped Potato Winter Blend Vegetables Cinnamon Apple Slices WG Dinner Roll/Marg 1% Milk	Breaded Fish Sandwich Creamed Corn Carrot Coins WG Hamburger Bun Lettuce & Tomato Fruited Gelatin C Tartar Sauce PC 1% Milk
Monday 3/8/2021	Tuesday 3/9/2021	Wednesday 3/10/2021	Thursday 3/11/2021	Friday 3/12/2021
California Cheesy Chicken & Brown Rice Casserole Zucchini & Tomatoes Diced Pears WG Dinner Roll/Marg 1% Milk	Hamburger Patty Potato Wedges Mixed Vegetables Leaf Lettuce & Tomato Wheat Hamburger Bun Chocolate Chip Muffin 1% Milk	Turkey Breast & Gravy Potato Medley Green Beans WG Dinner Roll/Marg Plain Cake Square 1% Milk	Meatloaf/Gravy Twice Baked Whip Potato Mixed Vegetables WG Bread/Margarine Cherry Vanilla Yogurt PC 1% Milk	Potato Crunch Fish Filet Diced Sweet Potatoes Spring Blend Veggies WG Petite Roll/Marg Cinnamon Applesauce Tartar Sauce PC 1% Milk
Monday 3/15/2021	Tuesday 3/16/2021	Wednesday 3/17/2021	Thursday 3/18/2021	Friday 3/19/2021
Chicken Tenders Potato Medley Spinach Casserole WG Breadstick/Marg Diced Peaches BBQ Sauce PC 1% Milk	Taco Meat Fiesta Corn Glazed Pineapple Lettuce/Tomato/Cheese 8" Flour Tortilla Taco Sauce PC 1% Milk	Corned Beef Cabbage & Carrots Diced Baby Reds WG Dinner Roll/Marg Emerald Pudding 1% Milk	Beefy Mac Casserole with Cavatappi Noodles Corn Capri Blend Veggies 100% Wheat Bread/Marg Mandarin Oranges 1% Milk	10 Grain Fish Filet Cheesy Mashed Potatoes Oven Roasted Veggies Italian Roll/Marg Fruit Cocktail Tartar Sauce PC 1% Milk
Monday 3/22/2021	Tuesday 3/23/2021	Wednesday 3/24/2021	Thursday 3/25/2020	Friday 3/26/2021
Ham & Northern Beans Spinach Casserole Cherry Cobbler WG Dinner Roll/Marg 1% Milk	Chicken Breast with Supreme Sauce Garlic Whip Potatoes Broccoli Marble Rye Bread/Marg Oatmeal Raisin Cookie 1% Milk	Teriyaki Meatballs Oriental Blend Veggies Carrot Coins Cinn. Raisin Bread/Marg Diced Pears 1% Milk	Pizza Joe Sandwich Seasoned Potato Wedges Italian Blend Veggies WG Hamburger Bun Pineapple Tidbits 1% Milk	Cheese Ravioli with Marinara Sauce Green Beans Diced Carrots WG Breadstick/Marg Peaches & Strawberries 1% Milk
Monday 3/29/2021	Tuesday 3/30/2021	Wednesday 3/31/2021	Thursday	Friday
Hawaiian BBQ Chicken Brown Rice Pilaf Winter Blend Vienna Bread/Marg Fruit Mix 1% Milk	Sliced Roast Beef/Gravy Mashed Potatoes Glazed Diced Beets Heavy Hearth Roll/Marg Frosted Brownie 1% Milk	Roasted Pork Chop with Apple Chutney 1/2 Baked Potato Green Beans WG Dinner Roll/Marg Diet Strawberry Jello Cake Sour Cream PC 1% Milk		 March 