




**Eastern Nebraska Office on Aging
Meals on Wheels
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 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 3/25/2021 | 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 | Baked Cod Loin in Pesto Cream Sauce Diced Sweet Potatoes Green Peas 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 |  |  |