

**Eastern Nebraska Office on Aging  
MOW Menus  
June 2021**

	<b>Tuesday 6/1/2021</b>	<b>Wednesday 6/2/2021</b>	<b>Thursday 6/3/2021</b>	<b>Friday 6/4/2021</b>
	Tuna & Noodle Cass. Peas Glazed Diced Beets WG Bread Slice/Marg Applesauce 1% Milk	Cheesy Chicken Breast Mexican Rice Mexican Bean Trio WG Breadstick/Marg Fruit Cocktail 1% Milk	BBQ Pork Rib Patty BBQ Baked Beans Diced Carrots WG Coney Bun Peaches & Strawberries 1% Milk	Meatloaf in Gravy Mashed Potatoes Zucchini & Tomatoes WG Dinner Roll/Marg Oatmeal Cream Pie 1% Milk
<b>Monday 6/7/2021</b>	<b>Tuesday 6/8/2021</b>	<b>Wednesday 6/9/2021</b>	<b>Thursday 6/10/2021</b>	<b>Friday 6/11/2021</b>
Baked Cod Loin in Pesto Cream Sauce Diced Sweet Potatoes Green Peas Marble Bread/Marg Chocolate Pudding 1% Milk	Country Fried Steak w/ Country Gravy Mashed Potatoes Monaco Blend Veggies Vienna Bread Slice/Marg Diced Peaches 1% Milk	Sliced Roast Beef in Brown Gravy Garlic Mashed Potatoes Mixed Vegetables WG Dinner Roll/Marg Plain Cake Square 1% Milk	All Beef Chili Dog Diced Baby Red Potatoes Cauliflower WG Hot Dog Bun Tropical Fruit 1% Milk	Ham & Au gratin Potatoes Broccoli Cinnamon Pear Slices WG Dinner Roll/Marg 1% Milk
<b>Monday 6/14/2021</b>	<b>Tuesday 6/15/2021</b>	<b>Wednesday 6/16/2021</b>	<b>Thursday 6/17/2021</b>	<b>Friday 6/18/2021</b>
Sweet & Sour Chicken Brown Rice Pilaf Cauliflower Cinnamon Raisin Bread Mandarin Oranges 1% Milk	Meatball Stroganoff w/ Egg Noodles Diced Glazed Beets Cinnamon Applesauce Romaine Blend Salad Petite Roll/Marg Ranch Dressing PC 1% Milk	Taco Meat Refried Beans Glazed Pineapple Lettuce, Tomato, Cheese 8" Flour Tortilla Taco Sauce PC 1% Milk	Pork Chop in Gravy Twice Baked Whip Potato Chuckwagon Corn WG Dinner Roll/Marg Banana Pudding 1% Milk	Hamburger Patty Potato Medley Green Beans WG Hamburger Bun Frosted Brownie Lettuce & Tomato Slice 1% Milk
<b>Monday 6/21/2021</b>	<b>Tuesday 6/22/2021</b>	<b>Wednesday 6/23/2021</b>	<b>Thursday 6/24/2021</b>	<b>Friday 6/25/2021</b>
10 Grain Fish Filet Stewed Tomatoes Cheesy Hashbrowns Marble Rye/Marg Fresh Orange Tartar Sauce PC 1% Milk	Lemon Pepper Chicken Breast White Citrus Rice California Blend Veggies WG Breadstick/Marg Ambrosia Fruit Salad 1% Milk	Beef Ravioli & Marinara Green Beans Fruit Mix Hearth Roll/Marg Romaine Blend Salad Dressing PC 1% Milk	Sloppy Joe Sandwich Seasoned Potato Wedges Mixed Vegetables WG Hamburger Bun Tropical Fruit Mix 1% Milk	Turkey Tetrazini with WG Pasta Green Peas Crinkle Cut Carrots WG Breadstick/Marg Chocolate Chip Muffin 1% Milk
<b>Monday 6/28/2021</b>	<b>Tuesday 6/29/2021</b>	<b>Wednesday 6/30/2021</b>	<b>Thursday</b>	<b>Friday</b>
Ground Beef Stew with Vegetables Chuckwagon Corn WG Mini Biscuit Diet Jell-O Cake 1% Milk	Italian Seafood Pasta w/ Creamy White Sauce Spring Blend Veggies Diced Pears WG Breadstick/Marg Romaine Blend Salad Dressing PC 1% Milk	Baked Ham Au gratin Potatoes Broccoli WG Dinner Roll/Marg Cinnamon Apples 1% Milk		