

**Eastern Nebraska Office on Aging
Grab & Go Menus
May 2021**

Monday 5/3/2021	Tuesday 5/4/2021	Wednesday 5/5/2021	Thursday 5/6/2021	Friday 5/7/2021
BBQ Pork Rib Patty BBQ Baked Beans Creamed Corn WG Coney Bun Peaches & Strawberries 1% Milk	Cheesy Chicken Breast Mexican Rice Mexican Bean Trio WG Breadstick/Marg Chocolate Pudding 1% Milk	Baked Cod Loin in Pesto Cream Sauce Diced Sweet Potato Green Peas Marble Bread/Marg Cinnamon Applesauce 1% Milk	Swedish Meatballs Scalloped Potatoes Diced Glazed Beets Petite Roll/Marg Mandarin Oranges 1% Milk	Beef & Noodle Cass. Stewed Tomatoes Green Beans WG Bread Slice/Marg Pineapple Tidbits 1% Milk
Monday 5/10/2021	Tuesday 5/11/2021	Wednesday 5/12/2021	Thursday 5/13/2021	Friday 5/14/2021
Hamburger Patty Cheesy Hashbrowns Mixed Vegetables WG Hamurger Bun Fruit Mix Lettuce & Tomato slice 1% Milk	Oven Fried Chicken Breast w/ Country Gravy Mashed Potatoes Corn Vienna Bread Slice/Marg Tropical Fruit Mix 1% Milk	Baked Ham with Citrus Glaze 1/2 Baked Potato Carrot Coins Honey Wheat Bread/Marg Plain Cake Square Sour Cream PC 1% Milk	Lemon Pepper Chicken Breast Brown Rice Zucchini & Tomatoes WG Breadstick/Marg Ambrosia Fruit Salad 1% Milk	Beef Ravioli & Marinara Capri Blend Vegetables Brussels Sprouts WG Breadstick/Marg Chocolate Chip Muffin 1% Milk
Monday 5/17/2021	Tuesday 5/18/2021	Wednesday 5/19/2021	Thursday 5/20/2021	Friday 5/21/2021
10 Grain Fish Filet Augratin Potatoes Broccoli WG Dinner Roll/Marg Peach Yogurt PC Tartar Sauce PC 1% Milk	Turkey Tetrazini with WG Pasta Green Peas Chuckwagon Corn WG Dinner Roll/Marg Diced Peaches 1% Milk	Sloppy Joe Sandwich Seasoned Potato Wedges Mixed Vegetables WG Hamburger Bun Peanut Butter Cookie 1% Milk	Roast Beef & Gravy Mashed Potatoes Roasted Baby Carrots Heavy Hearth Roll/Marg Fruit Cobbler 1% Milk	Sweet & Sour Chicken Brown Rice Pilaf Oriental Blend Veggies Cinnamon Raisin Bread Pineapple 1% Milk
Monday 5/24/2021	Tuesday 5/25/2021	Wednesday 5/26/2021	Thursday 5/27/2021	Friday 5/28/2021
Creamed Chicken Gravy Cheesy Hashbrowns Brussels Sprouts Biscuit Tropical Fruit 1% Milk	Ball Park Bratwurst Shredded Sauerkraut Heasoned Potato Wedges WG Mini Hoagie Bun Fresh Orange 1% Milk	Taco Meat Refried Beans Cinnamon Apples Lettuce, Tomato, Cheese 8" Flour Tortilla Taco Sauce PC 1% Milk	Ground Beef Stew with Vegetables Chuckwagon Corn WG Mini Biscuit Diet Jell-O Cake 1% Milk	Pork Chop in Gravy Twice Baked Whip Potato Green Beans WG Dinner Roll/Marg Lemon Pudding 1% Milk
Monday 5/31/2021	Tuesday	Wednesday	Thursday	Friday
 Senior centers Closed No Grab & Go Meals				