

**Eastern Nebraska Office on Aging
Congregate Meals
August 2021**

Monday 8/2/2021	Tuesday 8/3/2021	Wednesday 8/4/2021	Thursday 8/5/2021	Friday 8/6/2021
Classic Cheeseburger* on WG Hamburger Bun w/ Leaf Lettuce, Pickles, Sliced Tomatoes & Onion Coleslaw Sugar Cookie or Diet Cookies 1% or Skim Milk	Chicken Piccata Baked Sweet Potato Winter Blend Vegetables* Marble Bread Slice/Marg Diced Peaches 1% or Skim Milk	WG Spaghetti & Meatballs Romaine Blend Salad/Dress Italian Blend Vegetables* WG Breadstick/Marg Applesauce 1% or Skim Milk	Oven Fried Chicken Breast* Mashed Potatoes & Gravy Broccoli* WG Dinner Roll/Marg Butterscotch Pudding or Diet Pudding 1% or Skim Milk	Salisbury Steak & Mushroom Gravy Potato Medley Green Beans* WG Dinner Roll/Marg Strawberries & Pineapple 1% or Skim Milk
Monday 8/9/2021	Tuesday 8/10/2021	Wednesday 8/11/2021	Thursday 8/12/2021	Friday 8/13/2021
Chicken Fried Rice Oriental Blend Vegetables* Carrot Coins Fortune Cookie Cinnamon Raisin Bread/Marg Fresh Orange 1% or Skim Milk	Meatloaf in Tomato Gravy Cheesy Whip Potatoes Peas* WG Dinner Roll/Marg Cherry Vanilla Yogurt or Diet Pudding 1% or Skim Milk	Open Faced Roast Beef/Gravy Sandwich (WG Bread) Mashed Potatoes Diced Beets Decorated Birthday Cake or Plain Cake Square 1% or Skim Milk	Cod Loin in Italian Cream Sauce Garlic Roasted Baby Reds Brussels Sprouts* Rye Bread Slice/Marg Fudge Round or Diet Cookies 1% or Skim Milk	Grilled Chicken Sandwich on WG Hamburger Bun w/ Leaf Lettuce, & Sliced Tomatoes BBQ Baked Beans Potato Wedges Sliced Peaches 1% or Skim Milk
Monday 8/16/2021	Tuesday 8/17/2021	Wednesday 8/18/2021	Thursday 8/19/2021	Friday 8/20/2021
Pork Fritter* with Gravy Baked Potato/Sour Cream PC Corn* WG Dinner Roll/Marg Strawberry Delight or Diet Cookies 1% or Skim Milk	All Beef Chicago Dog Jumbo Frank*, Sliced Tomato Pickle Spear, Diced Onion on a WG Hot Dog Bun Potato Medley Strawberry Applesauce 1% or Skim Milk	Cheesy Broccoli Chicken Breast Brown Rice Pilaf Honey Roasted Baby Carrots WG Dinner Roll/Marg Tropical Fruit Mix 1% or Skim Milk	Liver w/ Onion Gravy Mashed Potatoes Zucchini & Tomatoes* Honey Wheat Bread/Marg Chocolate Chip Cookie or Diet Cookies 1% or Skim Milk	Italian Casserole w/ Ground Sausage, Peppers Alfredo & Cavatapi Pasta Romaine Blend Salad/Dress Cauliflower* Italian Dinner Roll/Marg Ambrosia Salad 1% or Skim Milk
Monday 8/23/2021	Tuesday 8/24/2021	Wednesday 8/25/2021	Thursday 8/26/2021	Friday 8/27/2021
10 Grain Fish* Twiced Baked Mashed Potato Green Beans* WG Dinner Roll/Marg Mandarin Oranges Tartar Sauce PC 1% or Skim Milk	Soft Shell Beef Taco Taco Meat*, Shred Lettuce Diced Tomato, Shred Cheese Fiesta Corn 8" Flour Tortilla Shell Sour Cream & Taco Sauce PC Vanilla or Diet Pudding 1% or Skim Milk	BBQ Pork Sandwich on Kaiser Bun Scalloped Potatoes Broccoli Salad Pineapple Tidbits 1% or Skim Milk	Sliced Turkey & Gravy Mashed Potatoes Green Peas* WG Bread Stick/Marg Cinnamon Apple Slices or Plain Applesauce 1% or Skim Milk	Pork Chop with Pineapple Salsa Baked Sweet Potato California Blend Vegetables* WG Petite Roll/Marg Strawberry Shortcake or Plain Cake Square 1% or Skim Milk
Monday 8/30/2021	Tuesday 8/31/2021			
Swiss Steak & Brown Gravy Diced Baby Reds Brussels Sprouts* WG Dinner Roll/Marg Sliced Pears 1% or Skim Milk	Asian Beef & Rice Cass. Oriental Blend Vegetables* Carrot Coins Fortune Cookie Cinnamon Raisin Bread/Marg Lemon Blueberry Muffin Square 1% or Skim Milk			