

**Eastern Nebraska Office on Aging
Meals on Wheels Menus
August 2021**

Monday 8/2/2021	Tuesday 8/3/2021	Wednesday 8/4/2021	Thursday 8/5/2021	Friday 8/6/2021
Hamburger Patty BBQ Baked Beans Corn Lettuce & Tomato Sugar Cookie 1% Milk	Chicken Piccata Diced Sweet Potatoes Winter Blend Veggies Marble Bread Slice/Marg C Diced Peaches 1% Milk	WG Spaghetti & Meatballs Italian Blend Veggies Applesauce Romaine Blend Salad WG Breadstick Dressing PC 1% Milk	Oven Fried Chicken Breast Mashed Potatoes & Gravy Broccoli WG Dinner Roll/Marg Butterscotch Pudding 1% Milk	Salisbury Steak & Mushroom Gravy Potato Medley Green Beans WG Dinner Roll/Marg Strawberries & Pineapple 1% 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 Veggies Carrot Coins Cinn. Raisin Bread/Marg Fresh Orange 1% Milk	Meatloaf/Tomato Gravy Cheesy Whip Potatoes Peas WG Dinner Roll/Marg Cherry Vanilla Yogurt 1% Milk	Sliced Roast Beef & Gravy Mashed Potatoes Diced Beets WG Bread Slice/Marg Plain Cake Square 1% Milk	Cod Loin in Italian Cream Sauce Garlic Roasted Baby Reds Brussels Sprouts Rye Bread Slice/Marg Fudge Round 1% Milk	Grilled Chicken Sandwich BBQ Baked Beans Potato Wedges WG Hamburger Bun Sliced Peaches 1% Milk
Monday 8/16/2021	Tuesday 8/17/2021	Wednesday 8/18/2021	Thursday 8/19/2021	Friday 8/20/2021
Pork Fritter & Gravy 1/2 Baked Potato Corn WG Dinner Roll/Marg Strawberry Delight Sour Cream PC 1% Milk	Tuna Salad Lettuce & Tomato Marinated Vegetable Salad WG Bread (2slices) Strawberry Applesauce 1% Milk	Cheesy Broccoli Chicken Breast Brown Rice Pilaf Honey Roasted Baby Carrots WG Dinner Roll/Marg Tropical Fruit Mix 1% Milk	Meatballs & Gravy Mashed Potatoes Zucchini & Tomatoes Honey Wheat Bread/Marg Chocolate Chip Cookie 1% Milk	Italian Casserole Green Peas Cauliflower Italian Dinner Roll/Marg Ambrosia Salad 1% Milk
Monday 8/23/2021	Tuesday 8/24/2021	Wednesday 8/25/2021	Thursday 8/26/2021	Friday 8/27/2021
10 Grain Fish Twice Baked Mashed Potatoes Green Beans WG Dinner Roll/Marg Mandarin Oranges Tartar Sauce 1% Milk	Taco Meat Potato Wedges Fiesta Corn Cheese, Tomato, Lettuce 8" Flour Tortilla Vanilla Pudding Taco Sauce PC 1% Milk	BBQ Pork Sandwich Scalloped Potatoes Broccoli Kaiser Bun Pineapple Tidbits 1% Milk	Sliced Turkey & Gravy Mashed Potatoes Green Peas WG Bread Stick/Marg Cinnamon Apple Slices 1% Milk	Pork Chop with Pineapple Salsa Diced Sweet Potatoes Cali Blend Vegetables WG Petite Roll/Marg Peaches & Strawberries 1% 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% Milk	Asian Beef & Rice Cass Oriental Blend Vegetables Carrot Coins Cinn. Raisin Bread/Marg Lemon Blueberry Muffin Square 1% Milk			