

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

 <p>* Items to be heated or microwaved at the centers</p>			<p align="center">7/1/2021</p> <p>Classic Cheeseburger* on WG Hamburger Bun w/ Leaf Lettuce, Pickles, Sliced Tomatoes & Onion Coleslaw Sugar Cookie or Diet Cookies 1% or Skim Milk</p>	<p align="center">7/2/2021</p> <p>Oven Fried Chicken Breast* Mashed Potatoes & Gravy Broccoli* WG Dinner Roll/Marg Melon Cup 1% or Skim Milk</p>
<p align="center">Monday 7/5/2021</p>	<p align="center">Tuesday 7/6/2021</p>	<p align="center">Wednesday 7/7/2021</p>	<p align="center">Thursday 7/8/2021</p>	<p align="center">Friday 7/9/2021</p>
 <p>Senior Centers Closed</p>	<p>Salisbury Steak & Mushroom Gravy Mashed Potatoes Capri Blend Vegetables* WG Dinner Roll/Marg Butterscotch Pudding or Diet Pudding 1% or Skim Milk</p>	<p>Cheesy Broccoli Chicken Breast Brown Rice Pilaf Honey Roasted Baby Carrots WG Dinner Roll/Marg Tropical Fruit Mix 1% or Skim Milk</p>	<p>Pork Fritter* with Gravy Baked Potato/Sour Cream PC Mediterranean Blend Veg* WG Dinner Roll/Marg Strawberry Delight or Diet Cookies 1% or Skim Milk</p>	<p>BBQ Meatballs Macaroni & Cheese Mixed Vegetables* 100% Wheat Bread/Marg Mandarin Oranges 1% or Skim Milk</p>
<p align="center">Monday 7/12/2021</p>	<p align="center">Tuesday 7/13/2021</p>	<p align="center">Wednesday 7/14/2021</p>	<p align="center">Thursday 7/15/2021</p>	<p align="center">Friday 7/16/2021</p>
<p>Grilled Chicken Sandwich on WG Hamburger Bun w/ Leaf Lettuce, & Sliced Tomatoes BBQ Baked Beans Potato Wedges Sliced Peaches 1% or Skim Milk</p>	<p>WG Spaghetti & Meatballs Romaine Blend Salad/Dress Italian Blend Vegetables* WG Breadstick/Marg Applesauce 1% or Skim Milk</p>	<p>Pork Chop with Pineapple Salsa Baked Sweet Potato Broccoli Salad WG Petite Roll/Marg Decorated Birthday Cake or Plain Cake Square 1% or Skim Milk</p>	<p>Potato Crusted Fish* w/ Tartar Sauce Potato Medley Green Beans* WG Bread Stick Rice Krispie Bar or Diet Cookies 1% or Skim Milk</p>	<p>Meatloaf in Tomato Gravy Cheesy Hashbrowns Peas* WG Bread Slice/Marg Strawberries & Pineapple 1% or Skim Milk</p>
<p align="center">Monday 7/19/2021</p>	<p align="center">Tuesday 7/20/2021</p>	<p align="center">Wednesday 7/21/2021</p>	<p align="center">Thursday 7/22/2021</p>	<p align="center">Friday 7/23/2021</p>
<p>Cod Loin in Italian Cream Sauce Garlic Roasted Baby Reds Brussels Sprouts* Rye Bread/Marg Fudge Round or Diet Cookies 1% or Skim Milk</p>	<p>Breaded Chicken Tenders* Twice Baked Mash Potatoes Green Beans* WG Dinner Roll/Marg Apricot Halves BBQ Sauce PC 1% or Skim Milk</p>	<p>Italian Casserole w/ Ground Sausage, Peppers Alfredo & Cavatapi Pasta Romaine Blend Salad/Dress Cauliflower* Italian Dinner Roll/Marg Ambrosia Salad 1% or Skim Milk</p>	<p>All Beef Chicago Dog Jumbo Frank*, Sliced Tomato Pickle Spear, Diced Onion on a WG Hot Dog Bun Potato Wedges Applesauce 1% or Skim Milk</p>	<p>Chicken Marsala Diced Sweet Potatoes Zucchini & Tomatoes* Honey Wheat Bread/Marg Chocolate Chip Cookie or Diet Cookies 1% or Skim Milk</p>
<p align="center">Monday 7/26/2021</p>	<p align="center">Tuesday 7/27/2021</p>	<p align="center">Wednesday 7/28/2021</p>	<p align="center">Thursday 7/29/2021</p>	<p align="center">Friday 7/30/2021</p>
<p>BBQ Pork Sandwich on Kaiser Bun Scalloped Potatoes Broccoli Salad Pineapple Tidbits 1% or Skim Milk</p>	<p>Soft Shell Beef Taco Taco Meat*, Shred Lettuce Diced Tomato, Shred Cheese Tator Tots* 8" Flour Tortilla Shell Sour Cream & Taco Sauce PC Diced Pears 1% or Skim Milk</p>	<p>Open faced Roast Beef Sandwich (WW Bread) Mashed Potatoes/Gravy Diced Beets Vanilla Pudding or Diet Pudding 1% or Skim Milk</p>	<p>Chicken Fried Rice Oriental Blend Vegetables Carrot Coins* Fortune Cookie Cinnamon Raisin Bread/Marg Strawberry Shortcake or Plain Cake Square 1% or Skim Milk</p>	<p>Sliced Turkey & Gravy Mashed Potatoes Green Peas* WG Breadstick/Marg Cinnamon Apple Slices or Plain Applesauce 1% or Skim Milk</p>