

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



			Thursday 7/1/2021	Friday 7/2/2021
			Hamburger Patty BBQ Baked Beans Corn Lettuce & Tomato Sugar Cookie WG Hamburger Bun 1% Milk	Oven Fried Chicken Breast Mashed Potatoes & Gravy Broccoli WG Dinner Roll/Marg Melon Cup 1% Milk
Monday 7/5/2021	Tuesday 7/6/2021	Wednesday 7/7/2021	Thursday 7/8/2021	Friday 7/9/2021
 HAPPY 4th of july <i>Holiday meals by reservation only</i>	Salisbury Steak & Mushroom Gravy Mashed Potatoes Capri Blend Vegetables WG Dinner Roll/Marg Butterscotch Pudding 1% Milk	Cheesy Broccoli Chicken Breast Brown Rice Pilaf Honey Roasted Baby Carrots WG Dinner Roll/Marg Tropical Fruit Mix 1% Milk	Pork Fritter & Gravy 1/2 Baked Potato Mediterranean Blend Veg WG Dinner Roll/Marg Strawberry Delight Sour Cream PC 1% Milk	BBQ Meatballs Macaroni & Cheese Mixed Vegetables 100% Wheat Bread/Marg Mandarin Oranges 1% Milk
Monday 7/12/2021	Tuesday 7/13/2021	Wednesday 7/14/2021	Thursday 7/15/2021	Friday 7/16/2021
Grilled Chicken Sandwich BBQ Baked Beans Potato Wedges WG Hamburger Bun Sliced Peaches 1% Milk	WG Spaghetti & Meatballs Italian Blend Veggies Applesauce Romaine Salad WG Breadstick/Marg Dressing PC 1% Milk	Deli Roast Beef & Swiss Lettuce & Tomato Three Bean Salad WG Hamburger Bun Plain Cake Square 1% Milk	Potato Crusted Fish Potatoe Medley Green Beans WG Breadstick/Marg Rice Krispie Bar Tartar Sauce 1% Milk	Meatloaf/Tomato Gravy Cheesy Hashbrowns Peas WG Bread Slice/Marg Strawberries & Pineapple 1% Milk
Monday 7/19/2021	Tuesday 7/20/2021	Wednesday 7/21/2021	Thursday 7/22/2021	Friday 7/23/2021
Cod Loin in Italian Cream Sauce Garlic Roasted Baby Reds Brussels Sprouts Rye Bread/Marg Fudge Round 1% Milk	Breaded Chicken Tenders Twice Baked Mash Potato Green Beans WG Dinner Roll/Marg Apricot Halves BBQ Sauce PC 1% Milk	Italian Casserole Green Peas Cauliflower Italian Dinner Roll/Marg Ambrosia Salad 1% Milk	All Beef Jumbo Frank Seasoned Potato Wedges Diced Carrots WG Hot Dog Bun Applesauce 1% Milk	Chicken Marsala Diced Sweet Potatoes Zucchini & Tomatoes Honey Wheat Bread/Marg Chocolate Chip Cookie 1% Milk
Monday 7/26/2021	Tuesday 7/27/2021	Wednesday 7/28/2021	Thursday 7/29/2021	Friday 7/30/2021
BBQ Pork Sandwich Scalloped Potatoes Broccoli Kaiser Bun Pineapple Tidbits 1% Milk	Taco Meat Potato Wedges Corn Cheese, Tomato, Lettuce 8" Flour Tortilla Diced Pears 1% Milk	Sliced Roast Beef & Gravy Mashed Potatoes Diced Beets WW Bread/Marg Vanilla Pudding 1% Milk	Chicken Fried Rice Oriental Blend Vegetables Carrot Coins Cinn. Raisin Bread/Marg Peaches & Strawberries 1% Milk	Sliced Turkey & Gravy Mashed Potatoes Green Peas WG Breadstick/Marg Cinnamon Apple Slices 1% Milk