

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

		Wednesday 9/1/2021	Thursday 9/2/2021	Friday 9/3/2021
		Chicken Piccata Brown Rice Pilaf Winter Blend Vegetables* Marble Bread Slice/Marg Butterscotch Pudding or Diet Pudding 1% or Skim Milk	BBQ Meatballs Macaroni & Cheese Mixed Vegetables* 100% Wheat Bread/Marg Fruit Cocktail 1% or Skim Milk	Grilled Chicken Sandwich on WG Hamburger Bun w/ Leaf Lettuce, & Sliced Tomatoes BBQ Baked Beans Potato Wedges* Mandarin Oranges 1% or Skim Milk
Monday 9/6/2021	Tuesday 9/7/2021	Wednesday 9/8/2021	Thursday 9/9/2021	Friday 9/10/2021
 Senior Center Closed	Potato Crusted Fish* W/ tartar Sauce Chuckwagon Corn* Potato Medley WG Bread Stick/Marg Fresh Orange 1% or Skim Milk	Oven Fried Chicken Breast* Mashed Potatoes & Gravy Green Beans* WG Dinner Roll/Marg Decorated Birthday Cake or Plain Cake Square 1% or Skim Milk	Classic Cheeseburger* on WG Hamburger Bun w/ Leaf Lettuce, Pickles, Sliced Tomatoes & Onion Coleslaw Sugar Cookie or Diet Cookies 1% or Skim Milk	WG Spaghetti & Meatballs Romaine Blend Salad/Dress Italian Blend Vegetables* WG Breadstick/Marg Applesauce 1% or Skim Milk
Monday 9/13/2021	Tuesday 9/14/2021	Wednesday 9/15/2021	Thursday 9/16/2021	Friday 9/17/2021
Open Faced Roast Beef Sandwich (WW Bread) Mashed Potatoes/Gravy Diced Beets Chocolate Chip Cookie 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 Wedges* Strawberry Applesauce 1% or Skim Milk	Pork Fritter with Gravy Baked Potato/Sour Cream PC Green Peas* WG Dinner Roll/Marg Vanilla Pudding or Diet Pudding 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	Cod Loin in Italian Cream Sauce Garlic Roasted Baby Reds Brussels Sprouts* Rye Bread/Marg Fudge Round or Diet Cookies 1% or Skim Milk
Monday 9/20/2021	Tuesday 9/21/2021	Wednesday 9/22/2021	Thursday 9/23/2021	Friday 9/24/2021
BBQ Pork Sandwich on Kaiser Bun Scalloped Potatoes Broccoli Salad Diced Pears 1% or Skim Milk	Chicken Marsala Diced Sweet Potatoes Zucchini & Tomatoes* Honey Wheat Bread/Marg Oatmeal Cream Pie or Diet Cookies 1% or Skim Milk	Soft Shell Beef Taco Taco Meat*, Shred Lettuce Diced Tomato, Shred Cheese Mexican Corn* 8" Flour Tortilla Shell Sour Cream & Taco Sauce PC Straw. Shortcake or Plain Cake 1% or Skim Milk	10 Grain Fish* Twice Bkd Mashed Potatoes Green Beans* WG Dinner Roll/Marg Apricot Halves Tartar Sauce PC 1% or Skim Milk	Salisbury Steak in Brown Gravy Cheesy Hashbrowns Winter Mix Vegetables* WG Bread Slice/Marg Cherry Vanilla Yogurt PC or Diet Pudding 1% or Skim Milk
Monday 9/27/2021	Tuesday 9/28/2021	Wednesday 9/29/2021	Thursday 9/30/2021	
Sliced Turkey & Gravy Mashed Potatoes Corn* WG Bread Stick/Marg Pineapple 1% or Skim Milk	Meatloaf with Tomato Gravy Baked Potato/Sour Cream PC Mixed Vegetables* 100% Wheat Bread/Marg Strawberry Delight or Diet Cookies 1% or Skim Milk	Cheeseburger Macaroni w/ WG Elbow Noodles Romaine Blend Salad/Dress Mediterranean Blend Veg* WG Peitie Roll/Marg Fruit Cocktail 1% or Skim Milk	Ham & Beans Carrot Coins* Romaine Blend Salad/Dress Cornbread/Marg Applesauce 1% or Skim Milk	