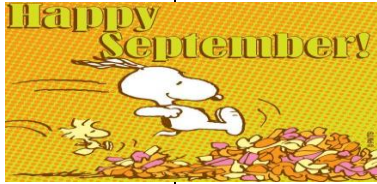




**Eastern Nebraska Office on Aging
Meals on Wheels Menu
September 2021**

| | | | | |
|--|---|---|--|--|
| | | Wednesday 9/1/2021 | Thursday 9/2/2021 | Friday 9/3/2021 |
|  | | Chicken Piccata Brown Rice Pilaf Winter Blend Veggies Marble Bread Slice/Marg Butterscotch Pudding 1% Milk | BBQ Meatballs Macaroni & Cheese Mixed Vegetables 100% Wheat Bread/Marg Fruit Cocktail 1% Milk | Grilled Chicken Sandwich BBQ Baked Beans Potato Wedges WG Hamburger Bun Mandarin Oranges 1% Milk |
| Monday 9/6/2021 | Tuesday 9/7/2021 | Wednesday 9/8/2021 | Thursday 9/9/2021 | Friday 9/10/2021 |
|  | Potato Crusted Fish Chuckwagon Corn Potato Medley WG Breadstick/Marg Fresh Orange Tartar Sauce 1% Milk | Oven Fried Chicken Breast Mashed Potatoes & Gravy Green Beans WG Dinner Roll/Marg Plain Cake Square 1% Milk | Hamburger Patty BBQ Baked Beans Broccoli Lettuce & Tomato Sugar Cookie 1% Milk | WG Spaghetti & Meatballs Italian Blend Veggies Applesauce Romaine Blend Salad WG Breadstick/Marg Dressing PC 1% Milk |
| Monday 9/13/2021 | Tuesday 9/14/2021 | Wednesday 9/15/2021 | Thursday 9/16/2021 | Friday 9/17/2021 |
| Sliced Roast Beef & Gravy Mash Potatoes Diced Beets WW Bread/Marg Chocolate Chip Cookie 1% Milk | All Beef Jumbo Frank Potato Wedges Diced Carrots WG Hot Dog Bun Strawberry Applesauce 1% or Skim Milk | Pork Fritter & Gravy 1/2 Baked Potato Green Peas WG Dinner Roll/Marg Vanilla Pudding Sour Cream PC 1% Milk | Cheesy Broccoli Chicken Breast Brown Rice Pilaf Honey Roasted Baby Carrots WG Dinner Roll/Marg Tropical Fruit Mix 1% Milk | Cod Loin in Italian Cream Sauce Garlic Roasted Diced Reds Brussels Sprouts Rye Bread/Marg Fudge Round 1% Milk |
| Monday 9/20/2021 | Tuesday 9/21/2021 | Wednesday 9/22/2021 | Thursday 9/23/2021 | Friday 9/24/2021 |
| BBQ Pork Sandwich Scalloped Potatoes Broccoli Kaiser Bun Diced Pears 1% Milk | Chicken Marsala Diced Sweet Potatoes Zucchini & Tomatoes Honey Wheat Bread/Marg Oatmeal Cream Pie 1% Milk | Taco Meat Potato Wedges Fiesta Corn Cheese, Tomato, Lettuce 8" Flour Tortilla Peaches & Strawberries Taco Sauce PC 1% Milk | 10 Grain Fish Twice Bk Mashed Potatoes Green Beans WG Dinner Roll/Marg Apricot Halves Tartar Sauce PC 1% Milk | Salisbury Steak in Gravy Cheesy Hashbrowns Winter Mix WG Bread Slice/Marg Cherry Vanilla Yogurt PC 1% 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% Milk | Meatloaf with Tomato Gravy 1/2 Baked Potato Mixed Vegetables 100% Wheat Bread/Marg Strawberry Delight Sour Cream PC 1% Milk | Cheeseburger Macaroni with WG Elbow Noodles Broccoli Mediterranean Veggies WG Petite Roll/Marg Fruit Cocktail 1% Milk | Ham & Beans Carrot Coins Applesauce Romaine Salad Dressing PC Cornbread/Marg 1% Milk | |