

Eastern Nebraska Office on Aging
Congregate Meals
November 2021

Monday	Tuesday	Wednesday	Thursday	Friday
11/1/2021	11/2/2021	11/3/2021	11/4/2021	11/5/2021
BBQ Meatballs	Baked Cod Loin in	Beef Ravioli	Meatloaf & Gravy	Sweet & Sour Chicken Breast
Potato Medley	Sweet Basil Sauce	in Marinara Sauce	Roasted Whole Baby Reds	Oriental Blend Vegetables*
Mixed Vegetables*	Baked Sweet Potato	Romaine Blend Salad/Dress	Peas*	Carrot Coins
WG Dinner Roll/Marg	Zucchini & Tomatoes*	Italian Blend Vegetables*	Cornbread Muffin/Marg	Fortune Cookie
Fresh Orange	WG Petite Roll/Marg	WG Breadstick/Marg	Honey PC	Cinnamon Raisin Bread/Marg
1% or Skim Milk	Tropical Fruit Mix	Banana Muffin Square	Pear Slices	Pineapple Tidbits
	1% or Skim Milk	1% or Skim Milk	1% or Skim Milk	1% or Skim Milk
Monday	Tuesday	Wednesday	Thursday	Friday
11/8/2021	11/9/2021	11/10/2021	11/11/2021	11/12/2021
All Beef Chili Dog w/ Cheese	Baked Ham*	Oven Fried Chicken Breast*		BBQ Ribbette Patty
on WG Hot Dog Bun	Broccoli Rice Casserole	Whipped Potatoes		on WG Hamburger Bun
Seasoned Potato Wedges*	Honey Glazed Carrots	with Chicken Gravy		BBQ Baked Beans
Corn*	WG Dinner Roll/Marg	Green Beans*		Cauliflower*
Mandarin Oranges	Fruit Cocktail	Italian Dinner Roll/Marg		Diced Peaches
1% or Skim Milk	1% or Skim Milk	Decorated Birthday Cake		1% or Skim Milk
		or Plain Cake Square	Senior Centers Closed	
		1% or Skim Milk		
Monday	Tuesday	Wednesday	Thursday	Friday
11/15/2021	11/16/2021	11/17/2021	11/18/2021	11/19/2021
Hamburger Patty with	Sliced Roast Beef & Gravy	Seafood Chowder	Chicken Breast &	Beef & Three Bean Chili
Garlic Mushroom Gravy	Whipped Potatoes	Garlic & Butter Diced Reds	Chicken Gravy	Carrot Coins*
Scalloped Potatoes	Green Peas *	California Blend Vegetables*	Potato Medley	Cornbread/Marg
Brussels Sprouts*	Rye Bread/Marg	WG Dinner Roll/Marg	Green Beans*	Honey PC
100% Whole Wheat Bread/Marg	Butterscotch Pudding	Ambrosia Salad	Heavy Hearth Roll/Marg	Fruit Crisp
Sugar Cookie or	or Diet Pudding	1% or Skim Milk	Diced Pears	or Fruit Mix
Diet Cookies	1% or Skim Milk		1% or Skim Milk	1% or Skim Milk
1% or Skim Milk				
Monday	Tuesday	Wednesday	Thursday	Friday
11/22/2021	11/23/2021	11/24/2021	11/25/2021	11/26/2021
Taco Joe* Sandwich	Swedish Meatballs	Turkey Breast with Gravy		
with Shredded Lettuce	Baked Potato/Sour Cream	Cornbread Dressing		
& Shredded Cheese	Stewed Tomatoes	Whipped Potatoes		
on WG Hamburger Bun	Sour Dough Roll/Marg	Green Bean Casserole		
Augratin Potatoes	Strawberry Yogurt Cup	Cranberry Sauce Garnish		
Broccoli*	or Diet Pudding	WG Petite Roll/Marg		
Pear Slices	1% or Skim Milk	Pumpkin Pie & Whip Topping		
1% or Skim Milk		or Diet Pudding	Senior Centers Closed	Senior Centers Closed
		1% or Skim Milk		
Monday	Tuesday			
11/29/2021	11/30/2021			
10 Grain Fish Filet*	Oven Fried Chicken Breast*			
Corn O'Brien	with Chicken Gravy			
Broccoli*	Mashed Potatoes			
Wheatberry Roll/Marg	Green Peas*			
Sliced Peaches	WG Breadstick/Marg			
Tartar Sauce PC	Banana Muffin Square			
1% or Skim Milk	1% or Skim Milk			* Items to be heated
				or microwaved at
				the centers



Eastern Nebraska Office on Aging
Deli Meals
November 2021

Monday	Tuesday	Wednesday	Thursday	Friday
11/1/2021	11/2/2021	11/3/2021	11/4/2021	11/5/2021
Turkey & Cheddar on WG Bread w/ Lettuce & Tomato Coleslaw Fresh Orange 1% or Skim Milk	Reuben Salad Sliced Corned Beef Sauerkraut & 1000 Island over Romaine Blend Salad Croutons Tropical Fruit Mix 1% or Skim Milk	Chicken Salad on Croissant w/ Lettuce & Tomato Cowboy Caviar Banana Muffin Square 1% or Skim Milk	Creamy Crab & Baby Shrimp Macaroni Salad on Romaine Blend Salad Tomato Wedges Crackers(2pk) Pear Slices 1% or Skim Milk	Egg Salad on Vienna Bread w/ Lettuce & Tomato Three Bean Salad Pineapple Tidbits 1% or Skim Milk
Monday	Tuesday	Wednesday	Thursday	Friday
11/8/2021	11/9/2021	11/10/2021	11/11/2021	11/12/2021
Turkey Chef Salad Diced Turkey, Diced Egg Amer. Cheese & Grape Tomatoes Romaine Blend Salad Crackers(2pk) 100% Grape Juice Mandarin Oranges 1% or Skim Milk	Black & Bleu Salad Roast Beef, Blue Cheese Caramelized Red Onion Romaine Lettuce Blend Crackers & 100% Apple Juice Fruit Cocktail 1% or Skim Milk	Roast Beef & Cheddar on Vienna Bread w/ Lettuce & Tomato Pea Salad Decorated Birthday Cake or Plain Cake Square 1% or Skim Milk	 Senior Centers Closed	Classic Chef Salad Ham, Turkey, Diced Egg American & Grape Tomatoes 100% Fruit Punch WG Breadstick/Marg Diced Peaches 1% or Skim Milk
Monday	Tuesday	Wednesday	Thursday	Friday
11/15/2021	11/16/2021	11/17/2021	11/18/2021	11/19/2021
Grilled Chicken Strip Salad w/ American Cheese, Grape Tomatoes & Black Olive over Romaine Blend Salad Crackers(2pk) 100% Apple Juice Sugar Cookies or Diet Cookies 1% or Skim Milk	Italian Sandwich Turkey, Ham, Pepperoni Swiss American Cheese, Red Onions, Peperoncinis on Vienna Bread Sweet Potato Salad Butterscotch or Diet Pudding 1% or Skim Milk	BLT Supreme Salad Diced Turkey, Chopped Bacon Diced Tomato & Shred Cheese over Romaine Blend Crackers(2pks) 100% Grape Juice Ambrosia 1% or Skim Milk	Roast Beef & Swiss on Honey Wheat Bread w/ Lettuce & Tomato Potato Salad Diced Pears 1% or Skim Milk	Ham Salad on Marble Bread w/ Lettuce & Tomato Pea Salad Fruit Crisp or Fruit Mix 1% or Skim Milk
Monday	Tuesday	Wednesday	Thursday	Friday
11/22/2021	11/23/2021	11/24/2021	11/25/2021	11/26/2021
Chicken Caesar Salad w/ Caesar Dressing & Croutons over Romaine Blend Salad 100% Grape Juice Pear Slices 1% or Skim Milk	Turkey & American on WG Bread w/ Lettuce & Tomato Broccoli Salad Strawberry Yogurt Cup or Diet Pudding 1% or Skim Milk	Roast Beef Chef Salad Roast Beef, Diced Egg, Swiss Cheese & Grape Tomatoes over Romaine Blend Salad Crackers(2pk) 100% Fruit Punch Pumpkin Pie w/ Whip Topping or Diet Pudding 1% or Skim Milk	 Senior Centers Closed	Senior Centers Closed
Monday	Tuesday			
11/29/2021	11/30/2021			
Ham & Swiss on Vienna Bread w/ Lettuce & Tomato Coleslaw Sliced Peaches 1% or Skim Milk	Creamy Crab & Baby Shrimp Macaroni Salad over Romaine Blend Salad Tomato Wedges Crackers(2pk) Banana Muffin Square 1% or Skim Milk			

NOVEMBER