



ENOA Sample Menu

Provided by the Eastern Nebraska Office On Aging, subject to change

Monday

Meatloaf

With mashed potatoes, carrots, watermelon, bread and cake

Tuesday

Slow Roasted Pork Loin

With roasted sweet potatoes, green beans, pears, roll and lemon bars

Wednesday

Chicken Cordon Bleu

With garden vegetable rice pilaf, beets, peaches, wheat bread and fresh orange

Thursday

Parmesan Crusted Tilapia

With vegetable orzo pasta, edamame corn vegetable blend, salad, grapes, roll and banana cream pie

Friday

Ranch Chicken

With corn casserole, lima beans, mandarin oranges, wheat bread and apple