



# MARCH



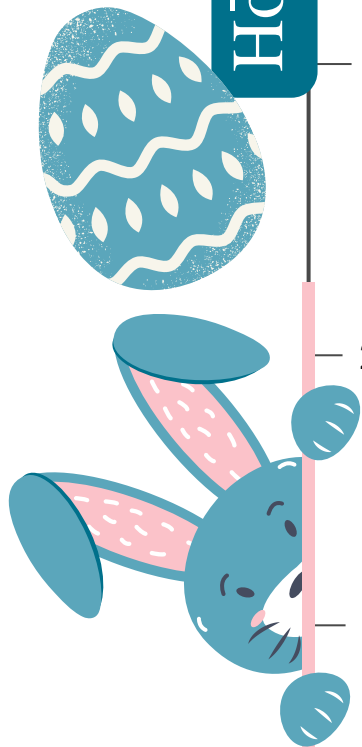
2025

SUN	MON	TUE	WED	THU	FRI	SAT
2	3 Chicken Salad Sandwich Italian Pasta Salad Carrots Celery Sticks Pears	4 Bacon/ Sausage Patty Boiled Egg Oatmeal w/Toppings Toast	5 Cheeseburger Potato Salad Baked Beans Cookie/Ice Cream Mixed Fruit	6 Tater Tot Casserole Biscuits Lettuce Salad Apple Crisp	7 Tamales Refried Beans Nachos Fried Corn Mixed Fruit	8
9	10 Tuna Casserole Carrot Salad Waffle Biscuit Lemon Pudding	11 Chicken Strips Coleslaw Bread Peaches	12 Goulash Garlic Bread Cukes/Radishes Jello w/ Whip Cream	13 Chicken Caesar Salad Relish Tray Bread Stick Apple Pie	14 Sloppy Joe Seasoned Potatoes Fresh Veggies Pistachio Pudding	15
16	17 Pizza Casserole Asparagus Dinner Roll Jello w/Fruit	18 Polish Sausage Sauerkraut Macaroni Salad Choc Cherry Cake	19 Hamburger Gravy Mashed Potatoes Broccoli/Cheese White Bread Cookie/ Ice Cream	20 Spaghetti w/Meatballs Creamed Corn Garlic Bread Brownie	21 Pork Loin w/ Gravy Baked Potato Homemade Bun Brussel Sprouts Cherries	22
23	24 Salisbury Steak with Gravy Potatoes Mixed Vegetables Rye Bread	25 Indian Tacos Cheese Coleslaw Chiffon Dessert	26 Bean Soup w/ Pork Cowboy Bread Cauliflower Choc. Pudding	27 Spam Boiled Eggs Toast Hash Browns Grapes	28 Au Gratin Potatoes w/Ham Broccoli Waffle Biscuit Cherry Crisp	29
30	31 Hot Turkey Sandwich Diced Carrots Vanilla Pudding w/Wafer	1 *ALL MEALS ARE SUBJECT TO CHANGE.	2 	3 	4	5



# APRIL

Hō hiroginā wira



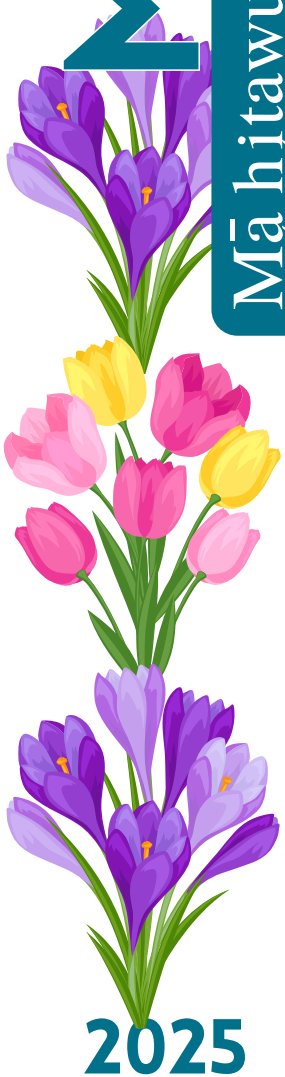
2025

SUN	MON	TUE	WED	THU	FRI	SAT
30	31	1	2	3	4	5
	<b>*ALL MEALS ARE SUBJECT TO CHANGE.</b>	Beef Stroganoff Carrots Wheat Bread Slice Peaches	Tuna Sandwich Cream of Broccoli Soup Potato chips Apple	Meatloaf Mashed Potatoes w/gravy Green Beans Dinner roll Mixed Fruit	Chili Frybread Mandarin Slices	
6	7	8	9	10	11	12
	Pork Loin w/ Gravy Baked Potato Asparagus Apple Sauce	Lasagna Garlic Bread Corn Cottage Cheese Peaches	Chicken Ala King Biscuit Cucumber & Vinegar Strawberry Cream Cheese	Beef Posole Frybread Cantaloupe	Tator Tot Casserole Fresh Salad Apple Crisp Wheat Bun	
13	14	15	16	17	18	19
	Chicken Noodle Soup Cowboy Bread Fruited Jello	Enchiladas Spanish Rice Strawberries	Spaghetti Spinach Garlic Toast Fresh Banana	Tomato Soup Grilled Ham & Cheese Cucumber Salad Cantaloupe	Beef Tips w/ Gravy over Noodles Green Bean Casserole Banana Cream Pie	
20	21	22	23	24	25	26
	Beef and Barley Soup Homemade Buns Relish Trays Cherry Crisp	Homemade Pizza Fresh Salad Corn Pineapple	Hamburger Gravy over Rice Green Beans Orange	Baked Cod Coleslaw Sweet Potato Fries Jello	Salisbury Steak Mashed Potatoes Corn Wheat Bread Apricots	
27	28	29	30	1	2	3
	Indian Tacos Sliced Peaches	Au Gratin Potatoes with Ham Broccoli Cherry Crisp	Hot Turkey Sandwich Mashed Potatoes Peas/Carrots			



# MAY

Mā hīawus hī wira



2025

SUN	MON	TUE	WED	THU	FRI	SAT
27	28	29	30	1	2	3
	*ALL MEALS ARE SUBJECT TO CHANGE.			Hamburger Gravy over Mashed Spuds Mixed Veggies Apple Crisp	Hot Turkey Gravy over Mashed Spuds Carrots Cake	
4	5	6	7	8	9	10
	Tuna Sandwich Cream of Broccoli Soup Potato chips Apple	Chicken Alfredo with Broccoli Dinner roll Mixed Fruit	Chili Frybread Mandarin Slices	Pork Loin w/ Gravy Baked Potato Asparagus Apple Sauce	Lasagna Garlic Bread Corn Cottage Cheese Peaches	
11	12	13	14	15	16	17
	Chicken Ala King Biscuit Cucumber&Vinegar Strawberry Cream Cheese	Beef Posole Frybread Cantaloupe	Tator Tot Casserole Fresh Salad Apple Crisp Wheat Bun	Chicken Noodle Soup Cowboy Bread Fruited Jello	Enchiladas Spanish Rice Strawberries	
18	19	20	21	22	23	24
	Spaghetti Spinach Garlic Toast Fresh Banana	Tomato Soup Grilled Ham & Cheese Cucumber Salad Cantaloupe	Beef Tips w/ Gravy over Noodles Green Bean Casserole Banana Cream Pie	Beef and Barley Soup Homemade Buns Relish Trays Cherry Crisp	Homemade Pizza Fresh Salad Corn Pineapple	
25	26	27	28	29	30	31
		Baked Cod Coleslaw Sweet Potato fries Green Jello	Salisbury Steak Mashed Potatoes Corn Wheat Bread Apricots	Indian Tacos Sliced Peaches	Au Gratin Potatoes with Ham Broccoli Cherry Crisp	



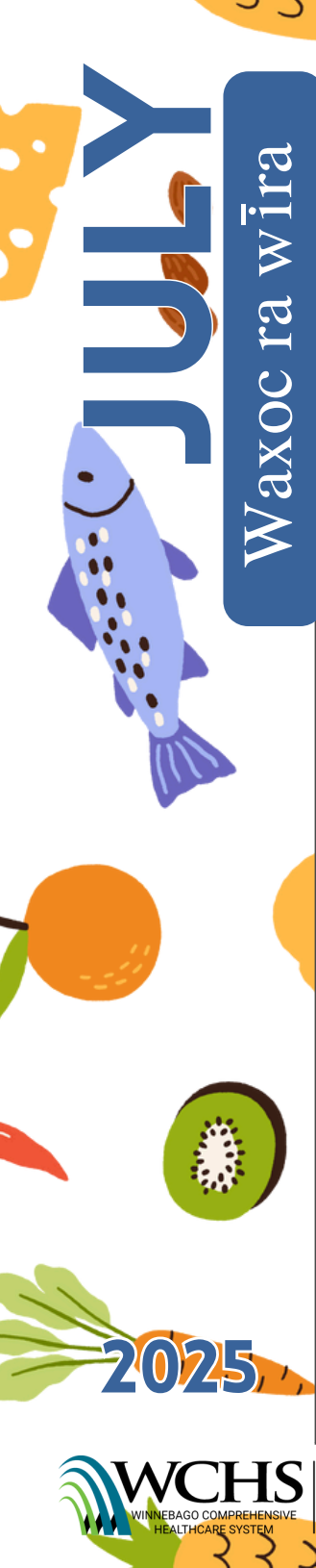
# JUNE

## Māhina ʻū wira

SUN	MON	TUE	WED	THU	FRI	SAT
1	2 Hot Turkey Sandwich Mashed Potatoes Peas & Carrots Peaches	3 Goulash Breadstick Salad Corn Cantaloupe	4 Beef Stroganoff Carrots Wheat Bread Slice Peaches	5 Tuna Sandwich Cream of Broccoli Soup Potato chips Apple	6 Meatloaf Mashed Potatoes w/gravy Green Beans Dinner roll Mixed Fruit	7
8	9 Chili Frybread Mandarin Slices	10 Pork Loin w/ Gravy Baked Potato Asparagus Apple Sauce	11 Lasagna Garlic Bread Corn Cottage Cheese Peaches	12 Chicken Ala King Biscuit Cucumber & Vinegar Strawberry Cream Cheese	13 Beef Posole Frybread Cantaloupe	14
15	16 Tator Tot Casserole Fresh Salad Apple Crisp Wheat Bun	17 Chicken Noodle Soup Cowboy Bread Fruited Jello	18 Enchiladas Spanish Rice Strawberries	19 Spaghetti Spinach Garlic Toast Fresh Banana	20 Tomato Soup Grilled Ham & Cheese Cucumber Salad Cantaloupe	21
22	23 Beef Tips w/ Gravy over Noodles Green Bean Casserole Banana Cream Pie	24 Beef and Barley Soup Homemade Buns Relish Trays Cherry Crisp	25 Homemade Pizza Fresh Salad Corn Pineapple	26 Hamburger Gravy over Rice Green Beans Orange	27 Baked Cod Coleslaw Sweet Potato Fries Jello	28
29	30 Salisbury Steak Mashed Potatoes Corn Wheat Bread Apricots	1 *ALL MEALS ARE SUBJECT TO CHANGE.	2 	3 	4	5

2025

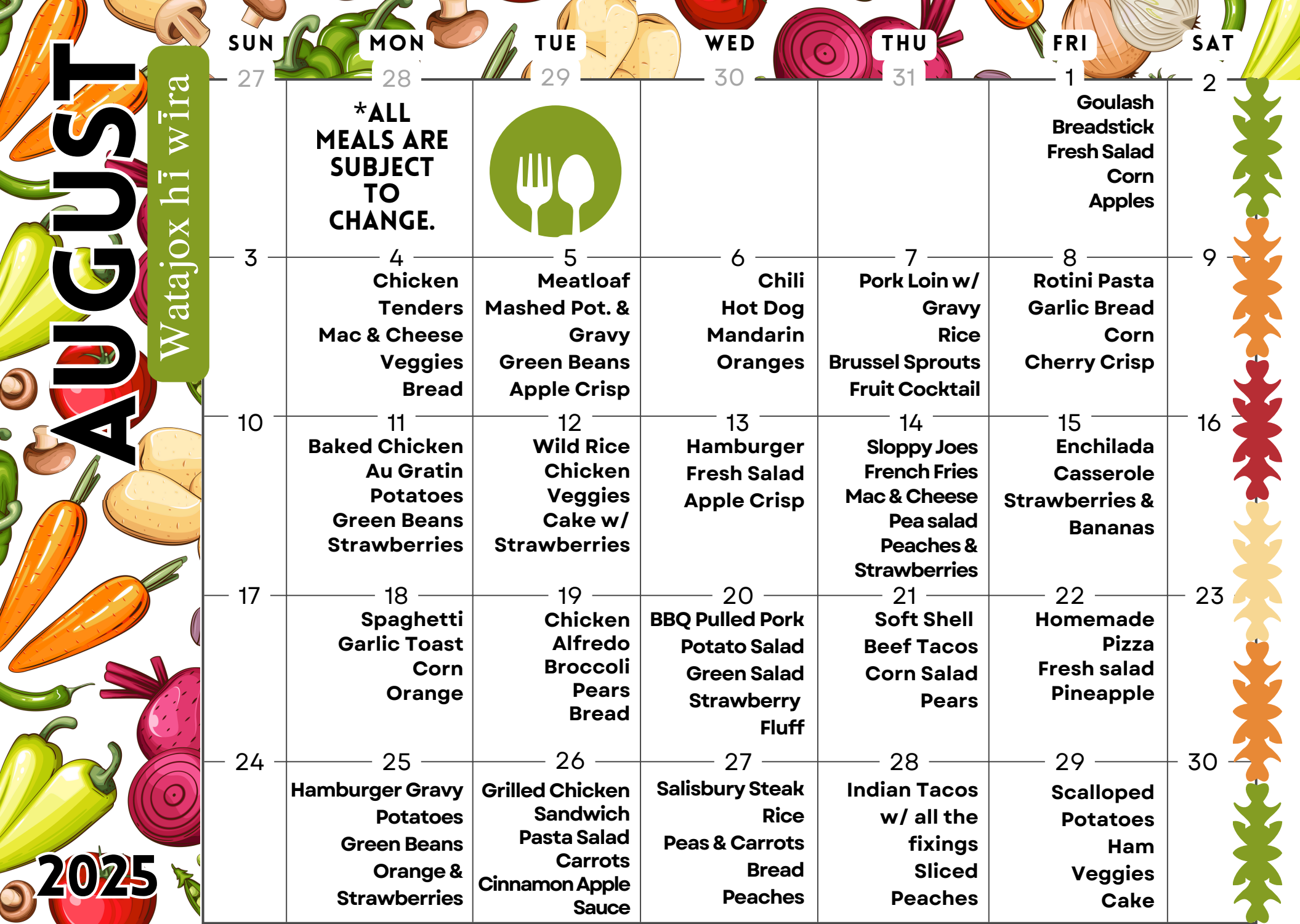




SUN	MON	TUE	WED	THU	FRI	SAT
29	30	1	2	3	4	5
	<b>*ALL MEALS ARE SUBJECT TO CHANGE.</b>	Goulash Breadstick Salad Corn Melon	Chicken Tenders Mac & Cheese Veggie Medley Pudding	Meatloaf Mashed potatoes/gravy Green Beans Apple Crisp	Chili & beans Hot Dogs Mandarin slices	
6	7	8	9	10	11	12
	Pork Loin w/Gravy & Rice Homemade Bun Brussel Sprouts Fruit Cocktail	Rotini Pasta Hamburger Garlic Bread Corn Cherry Crisp	Baked Chicken Au Gratin Potatoes Green Beans Fruit Cocktail	Wild Rice Chicken Carrots & Celery Vegetable Medley Cakew/ Strawberries	Tator Tot Casserole Hamburger Fresh salad Apple crisp	
13	14	15	16	17	18	19
	Sloppy Joes French Fries Mac Cheese Peas/Salad Chocolate Chip Cookie	Beef Enchilada Casserole Beans Spanish rice Strawberries/ Bananas	Spaghetti Hamburger Garlic Toast Corn Orange	Tomato Soup Grilled Ham & Cheese Cucumber Salad Cantaloupe	BBQ Pulled Pork Sandwich Potato Salad Green Salad Strawberry Fluff	
20	21	22	23	24	25	26
	Soft Shell Beef Tacos Tortillas Corn Salad Pears	Home Made Pizza Hamburger Fresh Salad Pineapple	Hamburger Gravy & Rice Green Beans White Bread orange	Grilled Chicken Sandwich Pasta Salad Carrots Cinnamon Apple Sauce	Salisbury Steak & Rice Peas & Carrots Wheat Bread Peaches	
27	28	29	30	31	1	2
	Indian Tacos Fry Bread w/Lettuce Tomato & Cheese sliced peaches	Scalloped Potatoes Ham Veggie Mix Cake	Hot Turkey Sandwich Mashed Potatoes Asparagus Jello Cake	Burger Mac Salad Baked Beans Lettuce & Tomato Jello Fluff		







2025

Watajox hī wīra

SUN

27

MON

28

TUE

29

WED

30

THU


31


FRI

1


SAT

2

	<div>*ALL MEALS ARE SUBJECT TO CHANGE.</div>				<div>Goulash</div> <div>Breadstick</div> <div>Fresh Salad</div> <div>Corn</div> <div>Apples</div>	
3	<div>4</div> <div>Chicken Tenders</div> <div>Mac &amp; Cheese</div> <div>Veggies</div> <div>Bread</div>	<div>5</div> <div>Meatloaf</div> <div>Mashed Pot. &amp; Gravy</div> <div>Green Beans</div> <div>Apple Crisp</div>	<div>6</div> <div>Chili</div> <div>Hot Dog</div> <div>Mandarin Oranges</div>	<div>7</div> <div>Pork Loin w/ Gravy</div> <div>Rice</div> <div>Brussel Sprouts</div> <div>Fruit Cocktail</div>	<div>8</div> <div>Rotini Pasta</div> <div>Garlic Bread</div> <div>Corn</div> <div>Cherry Crisp</div>	9
10	<div>11</div> <div>Baked Chicken</div> <div>Au Gratin</div> <div>Potatoes</div> <div>Green Beans</div> <div>Strawberries</div>	<div>12</div> <div>Wild Rice</div> <div>Chicken</div> <div>Veggies</div> <div>Cake w/ Strawberries</div>	<div>13</div> <div>Hamburger</div> <div>Fresh Salad</div> <div>Apple Crisp</div>	<div>14</div> <div>Sloppy Joes</div> <div>French Fries</div> <div>Mac &amp; Cheese</div> <div>Pea salad</div> <div>Peaches &amp; Strawberries</div>	<div>15</div> <div>Enchilada</div> <div>Casserole</div> <div>Strawberries &amp; Bananas</div>	16
17	<div>18</div> <div>Spaghetti</div> <div>Garlic Toast</div> <div>Corn</div> <div>Orange</div>	<div>19</div> <div>Chicken</div> <div>Alfredo</div> <div>Broccoli</div> <div>Pears</div> <div>Bread</div>	<div>20</div> <div>BBQ Pulled Pork</div> <div>Potato Salad</div> <div>Green Salad</div> <div>Strawberry Fluff</div>	<div>21</div> <div>Soft Shell</div> <div>Beef Tacos</div> <div>Corn Salad</div> <div>Pears</div>	<div>22</div> <div>Homemade Pizza</div> <div>Fresh salad</div> <div>Pineapple</div>	23
24	<div>25</div> <div>Hamburger</div> <div>Gravy</div> <div>Potatoes</div> <div>Green Beans</div> <div>Orange &amp; Strawberries</div>	<div>26</div> <div>Grilled Chicken</div> <div>Sandwich</div> <div>Pasta Salad</div> <div>Carrots</div> <div>Cinnamon Apple Sauce</div>	<div>27</div> <div>Salisbury Steak</div> <div>Rice</div> <div>Peas &amp; Carrots</div> <div>Bread</div> <div>Peaches</div>	<div>28</div> <div>Indian Tacos</div> <div>w/ all the fixings</div> <div>Sliced</div> <div>Peaches</div>	<div>29</div> <div>Scalloped Potatoes</div> <div>Ham</div> <div>Veggies</div> <div>Cake</div>	30



WCHS  
WINNEBAGO COMPREHENSIVE  
HEALTHCARE SYSTEM



WCHS'S SENIOR CITIZEN CENTER SERVES A MEAL EVERY WEEKDAY, 11:30AM-12:30PM TO THE ELDERS IN OUR COMMUNITY. IF YOU ARE DISABLED OR HOMEBOUND, CALL 402-745-3957 TO ASK ABOUT HOME DELIVERY!



# SEPTEMBER

2025

Hūwā žūk wīra

SUN	MON	TUE	WED	THU	FRI	SAT
31	1 	2 Hamburger Gravy w/Mashed Potatoes Green Beans Mandarin Oranges	3 Chicken Tenders Mac & Cheese Veggies Strawberry Banana Pudding	4 Meatloaf Mashed Potatoes w/Gravy Green Beans Apple Crisp	5 Steak Tips Baked Potatoes Peas & Carrots Buns Peaches	6
7	8 Chili Hot Dogs Mandarin Oranges	9 Pork Loin w/Gravy Rice Brussel Sprouts Fruit Cocktail	10 Rotini Pasta Garlic Bread Corn Cherry Crisp	11 Baked Chicken Au Gratin Potatoes Green Beans Fruit Cocktail	12 Wild Rice Chicken Veggies Strawberry Cake	13
14	15 Hamburger Baked Beans Fresh Salad Brownies w/Strawberries	16 Sloppy Joes French Fries Mac & Cheese Peas Salad Peaches & Strawberries	17 Enchilada Casserole Strawberries & Bananas	18 Spaghetti Garlic Toast Corn Orange	19 Chicken Alfredo Broccoli Cucumber Tomato Salad Pears	20
21	22 BBQ Pulled Pork Sandwich Potato Salad Green Salad Strawberry Fluff	23 Soft Shell Tacos Corn Salad Pears	24 Homemade Pizza Fresh Salad Pineapple	25 Hamburger Gravy Rice Green Beans Orange	26 Grilled Chicken Sandwich Pasta Salad Carrots Cinnamon Apple Sauce	27
28	29 Salisbury Steak Rice Peas & Carrots Peaches	30 Hamburger Fry Bread Sliced Peaches	1	2 *ALL MEALS ARE SUBJECT TO CHANGE.	3 	4



OCTOBER		SUN	MON	TUE	WED	THU	FRI	SAT
		28	29	30	1	2	3	4
				<b>*ALL MEALS ARE SUBJECT TO CHANGE.</b>	Meatloaf Mashed Potatoes & Gravy Green Beans Carrots Pears	Chili Hot Dog Crackers Peaches	Brats Baked Beans w/ Bacon Fruit Cocktail Cottage Cheese	
		5	6	7	8	9	10	11
			Ham & Bean Soup Carrots & Celery Frybread Cherry Crisp	Tuna/Noodle Casserole Asparagus Pineapple Celery Peanut Butter	Taco Salad Corn Peaches	Beef Roast Roasted Potatoes Carrots & Celery Brussel Sprouts Peaches	BBQ Pork Loin Au Gratin Potatoes Broccoli Mixed Berries	
		12	13	14	15	16	17	18
				Chicken Fajitas Flour Tortillas Refried Beans Rice Rice Pudding	Vegetable Soup Bun Strawberry Shortcake	Zuppa Toscana Breadstick Green Salad Broccoli	Ham Mac & Cheese Green Beans Apricots Celery & Peanut Butter	
		19	20	21	22	23	24	25
			Fish Coleslaw Fries Pudding w/Fruit Rye Bread Pickles	Cheese Burger Green Salad Bean Salad Celery & Peanut Butter Apple Crisp	Tater Tot Casserole Vegetable Mix Broccoli Mandarin Oranges	Hot Turkey Sandwich Corn Stuffing Peaches	Chicken Fried Steak & Gravy Mashed Potatoes Green Beans Fruit Cocktail Fluff	
		26	27	28	29	30	31	1
			Meatloaf Mashed Potatoes w/Gravy Green Beans Carrots Pears	Potato Soup Bun Strawberry Cake	Baked Chicken Mac & Cheese Asparagus Bun Pears	Scalloped Potatoes Polish Sausage Carrots Celery & Peanut Butter Mixed Berry Fluff	Chicken Tacos Refried Beans Spanish Rice Broccoli Cherry Crisp	

Cā mā hīnaŋo wīra

2025



*Halloween*



# NOVEMBER

Cā hikiruxe wira

2025

SUN	MON	TUE	WED	THU	FRI	SAT
2	3	4	5	6	7	8
	Meatloaf Mashed Potatoes w/Gravy Green Beans Carrots Pears	Chili Mac & Cheese Crackers Peaches Cornbread	Brats Baked Beans w/ Bacon Fruit Cocktail Cottage Cheese Fruit	Ham & Bean Soup Carrots & Celery Frybread Cherry Crisp	Tuna/Noodle Casserole Asparagus Pineapple Celery Peanut Butter	
9	10	11	12	13	14	15
	Taco Salad Corn Peaches Sloppy Joes Mac & Cheese	Veterans DAY	BBQ Pork Loin Au Gratin Potatoes Broccoli Mixed Berries	Chicken Fajitas Flour Tortillas Refried Beans Rice Rice Pudding	Vegetable Soup Bun Strawberry Shortcake	
16	17	18	19	20	21	22
	Hot Turkey Sandwich Corn Stuffing Peaches Mashed Potatoes	Zuppa Toscana Breadstick Green Salad Broccoli	Ham Mac & Cheese Green Beans Apricots Celery & Peanut Butter	Fish Coleslaw Fries Pudding w/Fruit Rye Bread Pickles	Cheese Burger Green Salad Mac Salad Celery & Peanut Butter Apple Crisp	
23	24	25	26	27	28	29
	Tater Tot Casserole Vegetable Mix Broccoli Mandarin Oranges	Potato Soup Bun Salad Fruit	Chicken Fried Steak & Gravy Mashed Potatoes Green Beans Fruit Cocktail Fluff	CLOSED	CLOSED	
30	1	2	3	4	5	6
	*ALL MEALS ARE SUBJECT TO CHANGE.					





# DECEMBER

Cā hikiruxe wī

2025

SUN	MON	TUE	WED	THU	FRI	SAT
30	1	2	3	4	5	6
	Baked chicken Mac and Cheese Asparagus Pears Pickle/Radish	Scalloped Potatoes Polish Sausage Carrots Celery & Peanut Butter Mixed Berry Fluff	Chicken Tacos Refried Beans Spanish Rice Broccoli Flour Tortillas Cherry Crisp	Meatloaf Mashed Potatoes w/Gravy Green Beans Carrot Stick Pears	Chili Hot Dog Crackers Cheese Stick Peaches	
7	8	9	10	11	12	13
	Brats Bun Baked Beans Fruit Cocktail Cottage Cheese	Ham & Bean Soup Carrots & Celery Frybread Cherry Crisp	Tuna & Noodle Casserole Asparagus Pineapple Celery & Peanut Butter	Chicken Soup Bun Fruit Salad	Beef Roast & Potatoes Carrots & Celery Brussel Sprouts Peaches	
14	15	16	17	18	19	20
	Pork Loin with BBQ Sauce Au Gratin Potatoes Broccoli Mixed Berries	Tacos Refried Beans Rice Tomatoes & Lettuce Rice Pudding	Vegetable Soup White Bun Strawberry Shortcake	Hot Turkey Sandwich w/Gravy Potatoes & Corn Celery w/ Peanut Butter Jello w/berries	Zuppa Toscana Breadstick Green Salad Banana Strawberry Pudding	
21	22	23	24	25	26	27
	Ham Mac & Cheese Green Beans White Roll Apricots Celery w/Peanut Butter	Fish Coleslaw Fries Pudding w/Fruit Rye Bread Pickles	Tater Tot Casserole Wheat Roll Broccoli Mandarin Oranges	<b>CLOSED</b>	Hot Turkey Sandwich Mashed Potatoes w/Gravy Scalloped Corn Peaches	
28	29	30	31	1	2	3
	Chicken Fried Steak w/Gravy Rice Green Beans Fruit Cocktail Fluff	Meatloaf Au Gratin Potatoes Brussel Sprouts Carrots & Celery Applesauce	Potato Soup Green Beans Corn Hamburger Strawberry Cake	<b>CLOSED</b>	<b>*ALL MEALS ARE SUBJECT TO CHANGE.</b>	

