

SEPTEMBER 2026

Oma's Cafe Plate Lunch Menu

Please note menus are subject to change without notice. We apologize for any inconvenience.

SERVING SIZES

Meat/Entrée: 2 ½ -3 oz cooked edible meat
Veg/Salad/Fruit/Dessert: ½ cup
Margarine: 1 teaspoon
Bread: 1 slice
Milk: ½ pint
Casserole: 1 Cup

Monday	Tuesday	Wednesday	Thursday	Friday
Don't have an Oma's meal card? See the Nutrition Office to sign up!!	1 Hickory Smoked Bacon Scrambled Eggs Biscuits & Gravy Hash Brown Pattie Fruit Salad Danish	2 Sweet & Sour Meatballs Rice Broccoli Bread/Marg. Chess Pie	3 Goulash Peas Warm Spiced Apples Bread/Marg. Asst Dessert	4 Chicken & Noodles Mashed Potatoes French Style Green Beans Bread/Marg. Cherry Pie
7 Closed in Observance for Labor Day!	8 Baked Chicken Baby Bakers Vegetable Blend Bread/Marg. Chocolate French Silk Pie	9 Meatloaf Sandwich Twice Baked Potato Seasoned Green Beans Iced Cake	10 Sloppy Joe on Bun Hash Brown Pattie Mixed Vegetables Fruit of the Forrest Pie	11 Chicken & Gravy Mashed Potatoes Green Beans Bread/Marg. Pecan Pie
14 BBQ Pork on Bun Pickles & Onion Cheesy Potatoes Carrots Pineapple Upside Down Cake	15 Chicken Pattie Red Skin Potatoes Chuckwagon Corn Bread/Marg. Cookies & Cream Pie	16 Salisbury Steak w/gravy Mashed Potatoes Brussel Sprouts Bread/Marg. Apple Dumpling w/sauce	17 Soft Shell Tacos (2) Cheese & Lettuce Spanish Rice Black Beans Churro w/Ice Cream Cup	18 Smoked Pork Chop Hominy Carrots Wheat Bread/Marg. Cheesecake w/Cherry Topping
21 Chicken Sweet Potatoes Broccoli Bread/Marg. Cookie & Ice Cream Cup	22 Polish Sausage on Bun Mashed Potatoes Sauerkraut Homemade Bread Pudding w/Sauce	23 Chicken Breast w/Creamy Garlic Sauce Peas Wheat Bread/Marg. Assorted Desserts	24 Country Fried Steak Garlic Mashed Potatoes Seasoned Green Beans Bread/Marg. Coconut Cream Pie	25 Baked Ziti w/Italian Sausage Italian Vegetable Warm Spiced Peaches Garlic Bread Chocolate Meringue Pie
28 Chicken Parmesan Mashed Potatoes California Blend Bread/Marg. Cherry Pie	29 Pork Pattie w/Gravy Sweet Potatoes Spinach Bread/Marg. Boston Cream Pie	30 Hamburger on Bun Pickle & Onion Red Skin Potatoes Stewed Tomatoes Brownie w/Ice Cream Cup	Operated by the SWIRCA & More Nutrition Program. 16 W. Virginia St Evansville, Indiana 812-464-7807	

