

# Eastern Nebraska Office on Aging

## Deli Menu

**July 2017**

Monday 7/3/2017	Tuesday 7/4/2017	Wednesday 7/5/2017	Thursday 7/6/2017	Friday 7/7/2017
Sliced Roast Ham & American Cheese on Ciabatta Bun w/ Lettuce & Tomato Potato Salad Red & Blue Jello Cake or Diet Jello Cake 1% or Skim Milk	<p><b>Senior Centers Closed</b></p> 	Roast Beef, Swiss Cheese, Lettuce & Tomato Wrap Broccoli Salad Fresh Fruit 1% of Skim Milk	Chicken Salad on Croissant w/ Lettuce & Tomato Cowboy Caviar Peaches 1% or Skim Milk	Classic Chef Salad/Dressing Ham, Turkey & Sliced Egg American & Swiss Cheese 100% Apple Juice Wheat Breadstick/Margarine Frosted Brownie or Diet Cookies 1% or Skim Milk
Monday 7/10/2017	Tuesday 7/11/2017	Wednesday 7/12/2017	Thursday 7/13/2017	Friday 7/14/2017
Ham and Cheddar Cheese on Wheat Bread(2sl) w/ Lettuce & Tomato Herb Roasted Potato Salad Coleslaw Tropical Fruit 1% or Skim Milk	Chicken Caesar Salad w/ Caesar Dressing with Housemade Croutons 100% Orange Juice Chocolate Pudding or Diet Pudding 1% or Skim Milk	Ham Salad on Marble Rye Bread(2x) w/ Shred Lettuce & Tomato California Pasta Salad Decorated Birthday Cake or Plain Cake 1% or Skim Milk	Turkey & Cheddar Cheese Chef Salad/Dressing 100% Cranberry Juice Crackers(2pkg) Emerald Pears 1% or Skim Milk	Tuna Salad on Hoagie Bun Carrot Raisin Salad Three Bean Salad Cinnamon Applesauce 1% or Skim Milk
Monday 7/17/2017	Tuesday 7/18/2017	Wednesday 7/19/2017	Thursday 7/20/2017	Friday 7/21/2017
Creamy Crab and Baby Shrimp Macarroni Salad on Shredded Lettuce Tomato Wedges Crackers(2pkg) Sliced Apricots 1% or Skim Milk	Sliced Ham & American Cheese on Ciabatta Bun w/ Lettuce & Tomato Sweet Potato Salad Fruit Cocktail 1% or Skim Milk	Egg Salad on Vienna Bread Cucumber & Red Onion Salad Carrot Chips & Ranch Dip Fresh Fruit 1% or Skim Milk	Fiesta Beef Taco Salad Roast Corn & Black Bean Relish w/ Cilantro Lime Ranch Dressing Sour Cream Tortilla Chips 100% Apple Juice Chocolate Chip or Diet Cookie 1% or Skim Milk	Cobb Salad with Lettuce Bacon, Eggs, Diced Chicken, Diced Ham & Crumbled Bleu Cheese Dinner Roll/Marg Peach Cobbler or Peaches 1% or Skim Milk
Monday 7/24/2017	Tuesday 7/25/2017	Wednesday 7/26/2017	Thursday 7/27/2017	Friday 7/28/2017
Chef Salad/Dressing Turkey, Ham, American & Swiss Cheese, Diced Egg 100% Grape Juice Crackers(2pkg) Lemon Pudding or Diet Pudding 1% or Skim Milk	Pecan Cranberry Chicken Salad with Red Grapes on Cinnamon Raisin Bread(2x)  Broccoli Florrets with Ranch Dip Fresh Fruit 1% or Skim Milk	Denver Omelet Salad Diced Ham, Bacon, Green Pepper, Onion, Diced Egg Cheddar Cheese Cubes over Chopped Lettuce Wheatberry Roll/Margarine Strawberry Shortcake or Plain White Cake 1% or Skim Milk	Creamy Crab Meat and Cheese Tortellini Pasta Salad Homestyle Potato Salad Crackers(2pkg) Pineapple Tidbits 1% or Skim Milk	Fiesta Chicken Salad Wrap Corn & Black Bean Relish Lettuce & Tomato Chipotle Mayonaise Cinnamon Apples 1% or Skim Milk
Monday 7/31/2017				
Reuben Salad Sliced Corned Beef, Sauerkraut, 1000 Island over Chopped Lettuce with Housemade Rye Croutons Sugar Cookie or Diet Cookies 1% or Skim Milk				

\*Salad dressing and Condiments available at senior centers

Menus may be subject to change