

# Eastern Nebraska Office on Aging

## Deli Menu March 2017



Menus may be subject to change

|  |   | <b>Wednesday<br/>3/1/2017</b>  | <b>Thursday<br/>3/2/2017</b>  | <b>Friday<br/>3/3/2017</b>   |
|--|---|--|---|--|
|  |   | Chicken Salad<br>in a Pita Pocket<br>w/ Lettuce & Tomato<br>Pasta Salad<br>Mandarin Oranges<br>1% or Skim Milk                                   | Oriental Chicken Salad<br>w/ Asian Dressing<br>Orange Juice<br>Saltine Crackers (2 packs)<br>Chocolate Pudding<br>or Diet Pudding<br>1% or Skim Milk    | Roast Beef & Provolone<br>Chef Salad w/ Dressing<br>Apple Juice<br>Waverly Crackers (2 packs)<br>Tropical Fruit<br>1% or Skim Milk                   |
| <b>Monday<br/>3/6/2017</b>   | <b>Tuesday<br/>3/7/2017</b>   | <b>Wednesday<br/>3/8/2017</b>  | <b>Thursday<br/>3/9/2017</b>  | <b>Friday<br/>3/10/2017</b>  |
| Honey Mustard Chicken Salad<br>on Wheat Bread (2)<br>Lettuce & Tomato<br>Potato Salad<br>Fruit Cocktail<br>1% or Skim Milk   | Turkey Garden<br>Cranberry Salad/Dressing<br>Grape Juice<br>Saltine Crackers (2 packs)<br>Fresh Fruit<br>1% or Skim Milk  | Ham & Mozzarella<br>Chef Salad w/ Dressing<br>Apple Juice<br>Waverly Crackers (2 packs)<br>Birthday Cake<br>or Plain Cake<br>1% or Skim Milk     | Krab Macaroni Salad<br>Broccoli Salad<br>Tomato Wedges<br>Saltine Crackers (2 packs)<br>Lemon Bar<br>or Diet Cookies<br>1% or Skim Milk                 | Sliced Turkey &<br>Monterey Jack Cheese<br>on 1/2 Ciabatta Bun<br>w/ Lettuce & Tomato<br>Green Pea Salad<br>Diced Pears<br>1% or Skim Milk           |
| <b>Monday<br/>3/13/2017</b>  | <b>Tuesday<br/>3/14/2017</b>  | <b>Wednesday<br/>3/15/2017</b>   | <b>Thursday<br/>3/16/2017</b>   | <b>Friday<br/>3/17/2017</b>  |
| Ham Macaroni Salad<br>Tomato Basil Salad<br>Green Bean Salad<br>Waverly Crackers (2 packs)<br>Fresh Fruit<br>1% or Skim Milk | Asian Pork Salad<br>w/ Asian Dressing<br>Orange Juice<br>Saltine Crackers (2 packs)<br>Cinnamon Apples<br>1% or Skim Milk | Sliced Turkey & Cheddar<br>on 1/2 Ciabatta Bun<br>w/ Lettuce & Tomato<br>Pasta Salad<br>Peaches<br>1% or Skim Milk                               | Roast Beef & Monterey Jack<br>Chef salad/Dressing<br>Grape Juice<br>Wheat Roll/Margarine<br>Apple Crisp<br>or Sliced Apples<br>1% or Skim Milk          | Tuna Salad<br>on a Croissant<br>Marinated Vegetable Salad<br>Beet Salad<br>Emerald Pudding<br>or Diet Pudding<br>1% or Skim Milk                     |
| <b>Monday<br/>3/20/2017</b>  | <b>Tuesday<br/>3/21/2017</b>  | <b>Wednesday<br/>3/22/2017</b>   | <b>Thursday<br/>3/23/2017</b>   | <b>Friday<br/>3/24/2017</b>  |
| Ham, Turkey & Cheese<br>on a Kaiser Roll<br>w/ Lettuce & Tomato<br>Three Bean Salad<br>Tropical Fruit<br>1% or Skim Milk     | Ham & Cheddar<br>Chef Salad/Dressing<br>Apple Juice<br>Dinner Roll/Margarine<br>Fresh Fruit<br>1% or Skim Milk            | Chicken Salad<br>w/ Taco Vinaigrette<br>Grape Juice<br>Waverly Crackers ( 2 packs)<br>Peanut Butter Cookie<br>or Diet Cookies<br>1% or Skim Milk | Roast Beef & Provolone<br>on Multi-Grain Bread (2)<br>w/ Lettuce & Tomato<br>Mixed Vegetable Salad<br>Pineapple<br>1% or Skim Milk                      | Chicken Cordon Bleu Salad<br>w/ Salad Dressing<br>Orange Juice<br>Waverly Crackers (2 packs)<br>Banana Pudding<br>or Diet Pudding<br>1% or Skim Milk |
| <b>Monday<br/>3/27/2017</b>  | <b>Tuesday<br/>3/28/2017</b>  | <b>Wednesday<br/>3/29/2017</b>   | <b>Thursday<br/>3/30/2017</b>   | <b>Friday<br/>3/31/2017</b>  |
| Roast Beef & Swiss<br>on a Kaiser Roll<br>w/ Lettuce & Tomato<br>Broccoli Potato Salad<br>Sliced Pears<br>1% or Skim Milk    | Chicken Club Salad<br>Apple Juice<br>Saltine Crackers (2 packs)<br>Carnival Cookie<br>or Diet Cookies<br>1% or Skim Milk  | Ham, Turkey, Cheese & Egg<br>Chef Salad/Dressing<br>Cranberry Juice<br>Waverly Crackers (2 packs)<br>Fresh Fruit<br>1% or Skim Milk              | Smoked Turkey &<br>Monterey Jack Wrap<br>on 1/2 Honey Wheat Tortilla<br>w/ Lettuce & Tomato<br>Copper Pennies<br>Cinnamon Applesauce<br>1% or Skim Milk | Greek Salad/Dressing<br>Orange Juice<br>Saltine Crackers<br>Fruited Gelatin<br>or Diet Fruited Gelatin<br>1% or Skim Milk                            |