

# Eastern Nebraska Office on Aging

## Deli Menu

### October 2017

Monday 10/2/2017	Tuesday 10/3/2017	Wednesday 10/4/2017	Thursday 10/5/2017	Friday 10/6/2017
Reuben Salad Sliced Corned Beef, Sauerkraut & 1000 Island over Tossed Salad Mix and Housemade Rye Croutons Tropical Fruit Mix 1% or Skim Milk	Sliced Turkey & American Cheese on Ciabatta Bun w/Lettuce & Tomato Potato Salad Cinnamon Apples 1% or Skim Milk	Creamy Marinara Crab & Baby Shrimp Macaroni Salad on Tossed Salad Mix Tomato Wedges Crackers(2pkg) Diced Pears 1% or Skim Milk	Chicken Salad on Croissant w/ Lettuce & Tomato Coleslaw Banana Muffin Square or Plain White Cake 1% or Skim Milk	Roast Beef Chef Salad Roast Beef & Sliced Egg American & Swiss Cheese 100% Apple Juice Cinnamon Raisin Bread/Marg Choc. Chip Cookie or Diet Cookies 1% or Skim Milk
Monday 10/9/2017	Tuesday 10/10/2017	Wednesday 10/11/2017	Thursday 10/12/2017	Friday 10/13/2017
<b>Senior Centers Closed</b>  	Sliced Ham & American Cheese on Wheat Hamburger Bun w/Lettuce & Tomato Potato Salad Fresh Fruit  1% or Skim Milk	Classic Chef Salad/Dressing Turkey, Ham & Sliced Egg American & Swiss Cheese 100% Grape Juice Crackers(2pkg) Decorated Birthday Cake or Plain White Cake 1% or Skim Milk	Roast Beef, Swiss Cheese, Lettuce & Tomato Wrap Broccoli Salad Diced Peaches 1% or Skim Milk	Turkey Chef Salad Turkey & Sliced Egg American & Swiss Cheese 100% Fruit Punch Juice Cinnamon Raisin Bread/Marg Butterscotch Pudding or Diet Pudding 1% or Skim Milk
Monday 10/16/2017	Tuesday 10/17/2017	Wednesday 10/18/2017	Thursday 10/19/2017	Friday 10/20/2017
Roast Beef & Cheddar Cheese Chef Salad Crackers(2pkg) 100% Orange Juice Fresh Fruit 1% or Skim Milk	Creamy Crab & Baby Shrimp Macaroni Salad on Tossed Salad Mix Tomato Wedges Crackers(2pkg) Peanut Butter Cookie or Diet Cookies 1% or Skim Milk	Fresh Italian Herb Chicken Salad on Croissant w/ Lettuce & Tomato Carrot Raisin Salad Fruit Crisp 1% or Skim Milk	Sliced Ham & Cheddar Cheese Wheat Bread(2sl) w/ Lettuce & Tomato Herb Roasted Potato Salad Pear Slices 1% or Skim Milk	Ham Salad on Marble Rye Bread(2sl) w/ Shred Lettuce & Tomato California Pasta Salad Mandarin Oranges 1% or Skim Milk
Monday 10/23/2017	Tuesday 10/24/2017	Wednesday 10/25/2017	Thursday 10/26/2017	Friday 10/27/2017
Fruit Medley Salad with Pears, Apples, Cranberries, Diced Chicken, Diced Ham & Iceberg Lettuce Crackers(2pkg) Vanilla Pudding or Diet Pudding 1% or Skim Milk	Classic Chef Salad/Dressing Ham, Turkey, Diced Egg American & Swiss Cheese 100% Grape Juice Crackers(2pkg) Fresh Fruit 1% or Skim Milk	Egg Salad on Vienna Bread(2sl) Cucumber & Onion Salad Carrot Chips & Ranch Dip Pumpnickel/Margarine Cinnamon Apples 1% or Skim Milk	Sliced Ham & American Cheese on Ciabatta w/ Lettuce & Tomato Sweet Potato Salad Pineapple 1% or Skim Milk	Chicken Caesar Salad w/ Caesar Dressing and Housemade Croutons 100% Apple Juice Sliced Apricots 1% or Skim Milk
Monday 10/30/2017	Tuesday 10/31/2017			
Sliced Ham & Cheddar Cheese on Wheat Bread(2sl) w/ Lettuce & Tomato Sweet Pepper Slaw Strawberry Applesauce 1% or Skim Milk	Fiesta Chicken Salad Wrap Corn & Black Bean Relish Lettuce & Tomato Chipotle Mayonaise Pumpkin Bar or Plain White Cake 1% or Skim Milk			

\*Salad dressing and Condiments available at senior centers

Menus may be subject to change