

Eastern Nebraska Office on Aging

Deli Menu

September 2017



September

**Friday
9/1/2017**

Reuben Salad
Sliced Corned Beef,
Sauerkraut & 1000 Island over
Chopped Lettuce
and Housemade Rye Croutons
Choc. Chip Muffin Square
or Plain Cake
1% or Skim Milk

**Friday
9/8/2017**

Turkey Chef Salad
Turkey & Sliced Egg
American & Swiss Cheese
100% Apple Juice
Cinnamon Raisin Bread/Marg
Cinnamon Applesauce
1% or Skim Milk

**Friday
9/15/2017**

Ham Salad on
Marble Rye Bread(2sl)
w/ Shred Lettuce & Tomato
California Pasta Salad
Fruit Cocktail
1% or Skim Milk

**Friday
9/22/2017**

Fiesta Beef Taco Salad
Roast Corn & Black Bean Relish
Cilantro Lime Ranch Dressing
Sour Cream
Tortilla Chips
100% Apple Juice
Tapioca or Diet Pudding
1% or Skim Milk

**Friday
9/29/2017**

Pecan Cranberry Chicken
Salad with Red Grapes
on Cinnamon Raisin Bread(2sl)
Broccoli Florettes
Fruit Cake
or Plain White Cake
1% or Skim Milk

**Monday
9/4/2017**

*Senior Centers
Closed
Happy Labor
Day!!*

**Tuesday
9/5/2017**

Classic Chef Salad/Dressing
Turkey, Ham & Sliced Egg
American & Swiss Cheese
100% Cranberry Juice
Crackers(2pkg)
Banana Pudding
or Diet Pudding
1% or Skim Milk

**Wednesday
9/6/2017**

Sliced Ham &
American Cheese on
Ciabatta Bun
w/Lettuce & Tomato
Potato Salad
Emerald Pears
1% or Skim Milk

**Thursday
9/7/2017**

Roast Beef, Swiss Cheese,
Lettuce & Tomato Wrap
Broccoli Salad
Peach Crisp
or Peaches
1% or Skim Milk

**Monday
9/11/2017**

Chicken Caesar Salad
w/ Caesar Dressing
and Housemade Croutons
100% Orange Juice
Fresh Fruit
1% or Skim Milk

**Tuesday
9/12/2017**

Sliced Ham & Cheddar Cheese
Wheat Bread(2sl)
w/ Lettuce & Tomato
Herb Roasted Potato Salad
Coleslaw
Mandarin Oranges
1% or Skim Milk

**Wednesday
9/13/2017**

Chicken Salad on
Croissant
w/ Lettuce & Tomato
Cowboy Caviar
Decorated Birthday Cake
or Plain White Cake
1% or Skim Milk

**Thursday
9/14/2017**

Classic Chef Salad/Dressing
Ham, Turkey, Diced Egg
American & Swiss Cheese
100% Grape Juice
Crackers(2pkg)
Oatmeal Raisin Cookie
or Diet Cookies
1% or Skim Milk

**Monday
9/18/2017**

Egg Salad on
Vienna Bread(2sl)
Cucumber & Onion Salad
Carrot Chips & Ranch Dip
Sliced Apricots
1% or Skim Milk

**Tuesday
9/19/2017**

Creamy Crab & Baby
Shrimp Macaroni Salad
on Shredded Lettuce
Tomato Wedges
Crackers(2pkg)
Fresh Fruit
1% or Skim Milk

**Wednesday
9/20/2017**

Roast Beef & Cheddar Cheese
Chef Salad/Dressing
100% Cranberry Juice
Crackers(2pkg)
Cinnamon Apples
1% or Skim Milk

**Thursday
9/21/2017**

Sliced Ham & American
Cheese on Ciabatta
w/ Lettuce & Tomato
Sweet Potato Salad
Pineapple Tidbits
1% or Skim Milk

**Monday
9/25/2017**

Cobb Salad with Lettuce,
Bacon, Eggs, Diced Chicken,
Diced Ham & Crumbled
Bleu Cheese
Pumpnickel/Margarine
Strawberry Applesauce
1% or Skim Milk

**Tuesday
9/26/2017**

Sliced Ham &
Cheddar Cheese
on Wheat Bread(2sl)
w/ Lettuce & Tomato
Cowboy Caviar
Pear Slices
1% or Skim Milk

**Wednesday
9/27/2017**

Fiesta Chicken Salad Wrap
Corn & Black Bean Relish
Lettuce & Tomato
Chipotle Mayonaise
Blueberry Muffin Square
or Diet Cookies
1% or Skim Milk

**Thursday
9/28/2017**

Denver Omelet Salad
Diced Ham, Bacon, Green
Pepper, Onion, Diced Egg
Cheddar Cubes & Lettuce
Crackers(2pkg)
Diced Peaches
1% or Skim Milk

*Salad dressing and Condiments available at senior centers

Menus may be subject to change