

Eastern Nebraska Office on Aging

Deli Menu

January 2018

Monday 1/1/2018	Tuesday 1/2/2018	Wednesday 1/3/2018	Thursday 1/4/2018	Friday 1/5/2018
<p>New Years Day Holiday</p> 	<p>Deli Chicken & Cheese on Vienna Bread w/ Lettuce & Tomato Sweet Potato Salad Fresh Fruit 1% or Skim Milk</p>	<p>Creamy Crab & Baby Shrimp Macaroni Salad on Tossed Salad Mix Tomato Wedges Crackers(2pkg) Fruited Geletin or Diet Fruited Geletin 1% or Skim Milk</p>	<p>Tuna Salad on Croissant w/ Lettuce & Tomato 3 Bean Salad Chocolate Chip Muffin or Plain White Cake 1% or Skim Milk</p>	<p>Ham Chef Salad Ham Strips, Sliced Egg American & Swiss Cheese over Tossed Salad Mix Crackers(2pkg) 100% Grape Juice Pineapple Rings 1% or Skim Milk</p>
Monday 1/8/2018	Tuesday 1/9/2018	Wednesday 1/10/2018	Thursday 1/11/2018	Friday 1/12/2018
<p>Classic Chicken Salad on Wheat Bread (2sl) w/ Lettuce & Tomato Carrot Raisin Salad Brownie 1% or Skim Milk</p>	<p>Roast Beef Chef Salad Sliced Roast Beef & Diced Egg American & Swiss Cheese over Tossed Salad Mix Crackers(2pkg) 100% Fruit Punch Fresh Fruit 1% or Skim Milk</p>	<p>Ham Salad on Pita Bread w/ Shred Lettuce & Tomato California Pasta Salad Decorated Birthday Cake or Plain White Cake 1% or Skim Milk</p>	<p>Teriyaki Chicken Strips Shredded Carrots & Chow Mein Noodles over Tossed Salad Mix Asian Dressing Crackers(2pkg) 100% Apple Juice Peaches 1% or Skim Milk</p>	<p>Creamy Cheese Tortellini over Tossed Salad Mix w/ Grape Tomatoes & Black Olives and Housemade Croutons Cinnamon Apples 1% or Skim Milk</p>
Monday 1/15/2018	Tuesday 1/16/2018	Wednesday 1/17/2018	Thursday 1/18/2018	Friday 1/19/2018
<p>Martin Luther King Holiday</p> <p>Senior Center Closed <i>I Have A Dream</i></p>  <p><i>Martin Luther King, Jr. Day</i></p>	<p>Sliced Turkey and Cheddar or Ciabatta Bun w/ Lettuce & Tomato Three Bean Salad Oatmeal Raisin Cooke 1% or Skim Milk</p>	<p>Roast Beef Chef Salad Roast Beef & Diced Egg American & Swiss Cheese over Tossed Salad Mix Crackers(2pkg) Orange Juice Plum Halves 1% or Skim Milk</p>	<p>Cobb Salad with Lettuce Bacon, Eggs, Diced Chicken Diced Ham & Crumbled Bleu Cheese over Tossed Salad Mix Crackers(2pkg) Cherry Cobbler or Peaches Grape Juice 1% or Skim Milk</p>	<p>Turkey, Ham & American Cheese on a Hoagie Bun w/ Lettuce & Tomatoes Potato Salad Sliced Pears 1% or Skim Milk</p>
Monday 1/22/2018	Tuesday 1/23/2018	Wednesday 1/24/2018	Thursday 1/25/2018	Friday 1/26/2018
<p>Roast Beef & Cheese on Wheat Bread(2sl) w/ Lettuce and Tomato Cheesy Macaroni Salad Mandrin Oranges 1% or Skim Milk</p>	<p>Turkey Chef Salad Turkey & Diced Egg American & Swiss Cheese over Tossed Salad Mix Crackers(2pkg) Apple Juice Chocolate Chip Cookie or Diet Cookies 1% or Skim Milk</p>	<p>Egg Salad Sandwich on Croissant w/ Lettuce & Tomato Coleslaw Spiced Cinnamon Apples 1% or Skim Milk</p>	<p>Grilled Fajita Chicken Strips Diced Red & Green Peppers over Romain Lettuce with Chunky Salsa & Tortilla Chips 100 % Fruit Punch Strawberry Banana Applesauce 1% or Skim Milk</p>	<p>Pecan Cranberry Chicken Salad w/ Grapes on Cinnamon Raisin Bread (2sl) Celery Sticks/Ranch Dip Butterscotch Pudding or Diet Pudding 1% or Skim Milk</p>
Monday 1/29/2018	Tuesday 1/30/2018	Wednesday 1/31/2018		
<p>Turkey Club Wrap Sliced Turkey, Bacon American & Swiss Cheese w/ Lettuce & Tomato in a Spinach & Herb Tortilla Sugar Cookie or Vanilla Waffles 1% or Skim Milk</p>	<p>Roast Beef Chef Salad Roast Beef & Diced Egg American & Swiss Cheese over Tossed Salad Mix Orange Juice Crackers(2pkg) Fruit Mix 1% or Skim Milk</p>	<p>Chicken Caesar Salad w/ Caesar Dressing Housemade Croutons over Tossed Salad Mix Apple Juice Fresh Fruit 1% or Skim Milk</p>		

*Salad dressing and Condiments available at senior centers

Menus may be subject to change