


Eastern Nebraska Office on Aging

Deli Menu March 2018

			Thursday 3/1/2018	Friday 3/2/2018
			Ham & Cheese on Vienna Bread w/ Lettuce & Tomato Sweet Potato Salad Sugar Cookie or Diet Cookies 1% or Skim Milk	Pecan Cranberry Chicken Salad w/ Grapes on Cinnamon Raisin Bread (2sl) Celery sticks w/ Ranch Pineapple 1% or Skim Milk
Monday 3/5/2018	Tuesday 3/6/2018	Wednesday 3/7/2018	Thursday 3/8/2018	Friday 3/9/2018
Classic Chicken Salad on Wheat Bread (2sl) w/ Lettuce & Tomato Carrot Raisin Salad Fresh Fruit 1% or Skim Milk	Turkey Chef Salad Sliced Turkey & Diced Egg American & Swiss Cheese over Tossed Salad Mix Crackers(2pkg) 100% Fruit Punch Brownie or Diet Cookies 1% or Skim Milk	Creamy Cheese Tortellini over Tossed Salad Mix w/ Grape Tomatoes & Black Olives and Housemade Croutons Apricots 1% or Skim Milk	Tuna Salad on Croissant w/ Lettuce & Tomato 3 Bean Salad Chocolate Chip Muffin 1% or Skim Milk	Classic Chef Salad/Dressing Ham, Turkey, Diced Egg American & Swiss Cheese over Tossed Salad Mix Crackers (2 pkg) Grape Juice Hot Cinnamon Apples 1% or Skim Milk
Monday 3/12/2018	Tuesday 3/13/2018	Wednesday 3/14/2018	Thursday 3/15/2018	Friday 3/16/2018
Sliced Turkey and Cheddar or Ciabatta Bun w/ Lettuce & Tomato Three Bean Salad Peaches 1% or Skim Milk	Roast Beef Chef Salad Roast Beef & Diced Egg American & Swiss Cheese over Tossed Salad Mix Crackers(2pkg) Orange Juice Pineapple Rings 1% or Skim Milk	Ham Salad on Pita Bread w/ Shred Lettuce & Tomato California Pasta Salad Decorated Birthday Cake or Plain White Cake 1% or Skim Milk	Cobb Salad with Lettuce Bacon, Eggs, Diced Chicken Diced Ham & Crumbled Bleu Cheese over Tossed Salad Mix Crackers(2pkg) Oatmeal Raisin Cooke or Diet Cookies 1% or Skim Milk	Tuna Salad Sandwich on Rye Bread w/ Lettuce & Tomatoes Carrot Raisin Salad Emerald Pudidng or Diet Pudding 1% or Skim Milk
Monday 3/19/2018	Tuesday 3/20/2018	Wednesday 3/21/2018	Thursday 3/22/2018	Friday 3/23/2018
Roast Beef & Cheese on Wheat Bread(2sl) w/ Lettuce and Tomato Cheesy Macaroni Salad Spiced Pears 1% or Skim Milk	Classic Chef Salad Ham, Turkey & Diced Egg American & Swiss Cheese over Tossed Salad Mix Crackers(2pkg) Apple Juice Fresh Fruit 1% or Skim Milk	Egg Salad Sandwich on Croissant w/ Lettuce & Tomato Coleslaw Cinnamon Applesauce 1% or Skim Milk	Turkey, Ham & American Cheese on a Hoagie Bun w/ Lettuce & Tomatoes Potato Salad Lemon Bar or Diet Cookies 1% or Skim Milk	Grilled Fajita Chicken Strips Diced Red & Green Peppers over Romain Lettuce with Chunky Salsa & Tortilla Chips 100 % Fruit Punch Mandarin Oranges 1% or Skim Milk
Monday 3/26/2018	Tuesday 3/27/2018	Wednesday 3/28/2018	Thursday 3/29/2018	Friday 3/30/2018
Pecan Cranberry Chicken Salad w/ Grapes on Cinnamon Raisin Bread (2sl) Celery sticks w/ Ranch Chocolate Chip Cookie or Diet Cookies 1% or Skim Milk	Roast Beef Chef Salad Roast Beef & Diced Egg American & Swiss Cheese Roast Beef Diced Egg over Tossed Salad Mix Orange Juice Crackers(2pkg) Plum Halves 1% or Skim Milk	Chicken Caesar Salad w/ Caesar Dressing Housemade Croutons over Tossed Salad Mix Apple Juice Creamsicle Pudding or Diet Pudding 1% or Skim Milk	Creamy Crab & Baby Shrimp Macaroni Salad on Tossed Salad Mix Tomato Wedges Crackers(2pkg) Cherry Cobbler or Peaches 1% or Skim Milk	Turkey Club Wrap Sliced Turkey, Bacon American & Swiss Cheese w/ Lettuce & Tomato in a Spinach & Herb Tortilla Tropical Fruit 1% or Skim Milk



Menus may be subject to change