

Eastern Nebraska Office on Aging

Deli Menu

May 2018

	Tuesday 5/1/2018	Wednesday 5/2/2018	Thursday 5/3/2018	Friday 5/4/2018
	Turkey Pasta Salad Fresh Carrot & Celery Sticks Peanut Butter Cup Cinnamon Pear Slices or Diced Pears 1% or Skim Milk	Roast Beef & Cheddar on 1/2 Ciabatta w/ Lettuce & Tomato Three Bean Salad Tropical Fruit 1% or Skim Milk	Italian Chicken Salad on Croissant w/ Lettuce & Tomato Sweet Pepper Slaw Lemon Muffin Square or Diet Cookies 1% or Skim Milk	Classic Chef Salad Ham, Turkey, Diced Egg American & Swiss Cheese over Tossed Salad Mix Crackers (2pk) 100% Fruit Punch Juice Pineapple Tidbits 1% or Skim Milk
Monday 5/7/2018	Tuesday 5/8/2018	Wednesday 5/9/2018	Thursday 5/10/2018	Friday 5/11/2018
Classic Chicken Salad on Wheat Bread (2sl) w/ Lettuce & Tomato Carrot Raisin Salad Fresh Orange 1% or Skim Milk	Roast Beef Chef Salad Roast Beef, Diced Egg, American & Swiss Cheese over Tossed Salad Mix Crackers(2pk) 100% Grape Juice Fruit Cocktail 1% or Skim Milk	Cobb Salad Bacon, Diced Egg, Diced Chicken, Diced Ham & Bleu Cheese over Tossed Salad Mix Crackers (2pk) 100% Apple Juice Decorated Birthday Cake or Plain White Cake 1% or Skim Milk	Meat Trio Hoagie Sandwich Turkey, Ham, Roast Beef American Cheese w/ Lettuce & Tomato Cowboy Caviar Strawberry Banana Applesauce 1% or Skim Milk	Turkey Chef Salad Turkey & Diced Egg American & Swiss Cheese over Tossed Salad Mix Crackers (2 pkg) 100% Orange Juice Melon Cup 1% or Skim Milk
Monday 5/14/2018	Tuesday 5/15/2018	Wednesday 5/16/2018	Thursday 5/17/2018	Friday 5/18/2018
Sliced Ham & Cheddar on Hamburger Bun w/ Lettuce & Tomato Three Bean Salad Plum Halves 1% or Skim Milk	Fajita Chicken Salad Grilled Fajita Chicken Strips Diced Red & Green Peppers over Romaine Lettuce with Chucky Salsa & Tortilla Chips 100% Apple Juice Peanut Butter or Diet Cookies 1% or Skim Milk	Classic Chef Salad Ham, Turkey & Diced Egg American & Swiss Cheese over Tossed Salad Mix Crackers (2pk) 100% Fruit Punch Juice Apple Blueberry Muffin Square 1% or Skim Milk	Creamy Crab & Baby Shrimp Macaroni Salad over Tossed Salad Mix Tomato Wedges Crackers (2pk) Tropical Fruit 1% or Skim Milk	Roast Beef & Swiss on Marble Rye w/ Lettuce & Tomato Tomato, Cucumber & Onion Salad Mandarin Oranges 1% or Skim Milk
Monday 5/21/2018	Tuesday 5/22/2018	Wednesday 5/23/2018	Thursday 5/24/2018	Friday 5/25/2018
Egg Salad Sandwich on Croissant w/ Lettuce & Tomato Broccoli Salad Cinnamon Apple Slices 1% or Skim Milk	Roast Beef Chef Salad Roast Beef, Diced Egg, American & Swiss Cheese over Tossed Salad Mix Crackers (2pk) 100% Grape Juice Fresh Banana 1% or Skim Milk	BLT Supreme Salad Diced Turkey, Chopped Bacon, Diced Tomato & Shred Cheese over Tossed Salad Mix Crackers(2pk) Vegetable Juice Pears 1% or Skim Milk	Ham Salad on Pita w/ Lettuce & Tomato Pea Salad Butterscotch Pudding or Diet Pudding 1% or Skim Milk	Chicken Caesar Salad w/ Caesar Dressing Housemade Croutons over Tossed Salad Mix Crackers (2pk) 100% Apple Juice Pineapple Upside Down Cake or Pineapple 1% or Skim Milk
Monday 5/28/2018	Tuesday 5/29/2018	Wednesday 5/30/2018	Thursday 5/31/2018	
 Senior Centers Closed	Ham & Cheese on Vienna Bread w/ Lettuce & Tomato Potato Salad Fruited Gelatin or Diet Fruited Gelatin 1% or Skim Milk	Roast Beef & American on Sandwich Bread w/ Lettuce & Tomato Potato Salad Chocolate Chip Cookie or Diet Cookies 1% or Skim Milk	Creamy Cheese Tortellini over Tossed Salad Mix w/ Grape Tomatoes, Black Olives & Housemade Croutons Sliced Peaches 1% or Skim Milk	

*Salad dressing and Condiments available at senior centers

Menus may be subject to change