

## Eastern Nebraska Office on Aging

### Deli Menu August 2018

		<b>Wednesday 8/1/2018</b>	<b>Thursday 8/2/2018</b>	<b>Friday 8/3/2018</b>
		Classic Chef Salad Ham, Turkey & Sliced Egg American & Swiss Cheese 100% Fruit Punch Juice Wheat Breadstick/Margarine Diced Pears 1% or Skim Milk	Creamy Crab & Baby Shrimp Macaroni Salad over Tossed Salad Mix Tomato Wedges Crackers (2pk) Red & Blue Jello Cake or Diet Jello Cake 1% or Skim Milk	Chicken Salad on Croissant w/ Lettuce & Tomato Cowboy Caviar Frosted Brownie or Diet Cookies 1% or Skim Milk
<b>Monday 8/6/2018</b>	<b>Tuesday 8/7/2018</b>	<b>Wednesday 8/8/2018</b>	<b>Thursday 8/9/2018</b>	<b>Friday 8/10/2018</b>
Crab Meat Salad on Vienna Bread w/ Lettuce & Tomato Green Pea Salad Fresh Fruit 1% or Skim Milk	Roast Beef Chef Salad Roast Beef, Diced Egg American & Swiss Cheese over Tossed Salad Mix Crackers (2pk) 100% Grape Juice Banana Pudding or Diet Pudding 1% or Skim Milk	Denver Omelet Salad Diced Ham, Bacon, Green Pepper, Onion, Diced Egg Cheddar Cheese Cubes over Tossed Salad Mix Crackers (2pk) 100% Orange Juice Birthday Cake or Plain Cake 1% or Skim Milk	Ham and Swiss Cheese on Wheat Bread(2sl) w/ Lettuce & Tomato Coleslaw Cinnamon Applesauce 1% or Skim Milk	BLT Supreme Salad Diced Turkey, Chopped Bacon Diced Tomato & Shred Cheese over Tossed Salad Mix Crackers (2pk) Vegetable Juice Fruit Mix 1% or Skim Milk
<b>Monday 8/13/2018</b>	<b>Tuesday 8/14/2018</b>	<b>Wednesday 8/15/2018</b>	<b>Thursday 8/16/2018</b>	<b>Friday 8/17/2018</b>
Creamy Cheese Tortellini over Tossed Salad Mix w/ Grape Tomatoes, Black Olives & Housemade Croutons Lemon Pudding or Diet Pudding 1% or Skim Milk	Sliced Ham & American Cheese on 1/2 Ciabatta Bun w/ Lettuce & Tomato Potato Salad Sliced Apricots 1% or Skim Milk	Classic Chef Salad Ham, Turkey & Sliced Egg American & Swiss Cheese over Tossed Salad Mix Crackers (2pk) 100% Apple Juice Peach Cobbler or Sliced Peaches 1% or Skim Milk	Tuna Salad on Hoagie Bun w/ Lettuce & Tomato Carrot Raisin Salad Tropical Fruit 1% or Skim Milk	Italian Sandwich Turkey, Ham, Pepperoni Cheese, Peppers & Red Onions on Wheatberry Bread Sweet Potato Salad Chocolate Chip or Diet Cookie 1% or Skim Milk
<b>Monday 8/20/2018</b>	<b>Tuesday 8/21/2018</b>	<b>Wednesday 8/22/2018</b>	<b>Thursday 8/23/2018</b>	<b>Friday 8/24/2018</b>
Roast Beef & Swiss on Wheat Bread w/ Lettuce & Tomato Marinated Vegetable Salad Fresh Fruit 1% or Skim Milk	Cobb Salad Bacon, Diced Egg, Diced Chicken Diced Ham & Bleu Cheese over Tossed Salad Mix Crackers(2pkg) 100% Fruit Punch Strawberry Shortcake or White Cake 1% or Skim Milk	Chicken Pasta Salad Fresh Carrot & Celery Sticks Peanut Butter Cup Wheat Breadstick/Margarine Cinnamon Apples 1% or Skim Milk	Chicken Caesar Salad w/ Caesar Dressing & Housemade Croutons over Tossed Salad Mix Crackers (2pk) 100% Grape Juice Pineapple Tidbits 1% or Skim Milk	Turkey & Cheddar on Croissant w/ Lettuce & Tomato Homestyle Potato Salad Plum Halves 1% or Skim Milk
<b>Monday 8/27/2018</b>	<b>Tuesday 8/28/2018</b>	<b>Wednesday 8/29/2018</b>	<b>Thursday 8/30/2018</b>	<b>Friday 8/31/2018</b>
Tuna Salad on Hoagie Bun w/ Lettuce & Tomato Carrot Raisin Salad Sugar Cookie or Diet Cookies 1% or Skim Milk	Classic Chef Salad Ham, Turkey & Sliced Egg American & Swiss Cheese over Tossed Salad Mix Crackers (2pk) Vegetable Juice Diced Peaches 1% or Skim Milk	Three Meat Hoagie Turkey, Ham, Roast Beef & American Cheese w/ Lettuce & Tomato Broccoli Salad Tropical Fruit 1% or Skim Milk	Teriyaki Chicken Strips Shredded Carrots & Chow Mein Noddles over Tossed Salad w/ Asian Dressing Crackers (2pk) 100% Orange Juice Strawberry Banana Applesauce 1% or Skim Milk	Grilled Chicken Ranch Salad Grilled Chicken Strips American Cheese Grape Tomatoes & Black Olives over Tossed Salad Mix 100% Fruit Punch Juice Raspberry Muffin Square 1% or Skim Milk

\*Salad dressing and Condiments available at senior centers

Menus may be subject to change