

Eastern Nebraska Office on Aging

Deli Menu

July 2018

Monday 7/2/2018	Tuesday 7/3/2018	Wednesday 7/4/2018	Thursday 7/5/2018	Friday 7/6/2018
Sliced Ham & American Cheese on 1/2 Ciabatta Bun w/ Lettuce & Tomato Potato Salad Banana 1% or Skim Milk	Classic Chef Salad Ham, Turkey & Sliced Egg American & Swiss Cheese 100% Apple Juice Wheat Breadstick/Margarine Red & Blue Jello Cake or Diet Jello Cake 1% or Skim Milk	 Senior Centers Closed	Chicken Salad on Croissant w/ Lettuce & Tomato Cowboy Caviar Diced Peaches 1% or Skim Milk	Roast Beef & Cheddar on Wheat Bread w/ Lettuce & Tomato Three Bean Salad Frosted Brownie or Diet Cookies 1% or Skim Milk
Monday 7/9/2018	Tuesday 7/10/2018	Wednesday 7/11/2018	Thursday 7/12/2018	Friday 7/13/2018
Tuna Salad on Hoagie Bun w/ Lettuce & Tomato Carrot Raisin Salad Tropical Fruit 1% or Skim Milk	Creamy Crab & Baby Shrimp Macaroni Salad over Tossed Salad Mix Tomato Wedges Crackers (2pk) Diced Pears 1% or Skim Milk	Roast Beef Chef Salad Roast Beef, Diced Egg American & Swiss Cheese over Tossed Salad Mix Crackers (2pk) 100% Grape Juice Birthday Cake or White Cake 1% or Skim Milk	BLT Supreme Salad Diced Turkey, Chopped Bacon Diced Tomato & Shred Cheese over Tossed Salad Mix Crackers(2pkg) Vegetable Juice Mandarin Oranges 1% or Skim Milk	Ham and Swiss Cheese on Wheat Bread(2sl) w/ Lettuce & Tomato Coleslaw Cinnamon Applesauce 1% or Skim Milk
Monday 7/16/2018	Tuesday 7/17/2018	Wednesday 7/18/2018	Thursday 7/19/2018	Friday 7/20/2018
Crab Meat Salad on Vienna Bread w/ Lettuce & Tomato Green Pea Salad Sliced Apricots 1% or Skim Milk	Teriyaki Chicken Strips, Shredded Carrots & Chow Mein Noodles over Tossed Salad w/ Asian Dressing Crackers (2pk) 100% Apple Juice Fresh Orange 1% or Skim Milk	Italian Sandwich Turkey, Ham, Pepperoni Cheese, Peppers & Red Onions on Wheatberry Bread Sweet Potato Salad Fruit Cocktail 1% or Skim Milk	Cobb Salad Bacon, Diced Egg, Diced Chicken Diced Ham & Bleu Cheese over Tossed Salad Mix Crackers(2pkg) 100% Fruit Punch Peach Cobbler or Sliced Peaches 1% or Skim Milk	Creamy Cheese Tortellini over Tossed Salad Mix w/ Grape Tomatoes, Black Olives & Housemade Croutons Chocolate Chip Cookie or Diet Cookies 1% or Skim Milk
Monday 7/23/2018	Tuesday 7/24/2018	Wednesday 7/25/2018	Thursday 7/26/2018	Friday 7/27/2018
Chicken Pasta Salad Fresh Carrot & Celery Sticks Peanut Butter Cup Lemon Pudding or Diet Pudding 1% or Skim Milk	Roast Beef & Swiss on Wheat Bread w/ Lettuce & Tomato Marinated Vegetable Salad Fresh Fruit 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 Strawberry Shortcake or White Cake 1% or Skim Milk	Turkey & Cheddar on Croissant w/ Lettuce & Tomato Homestyle Potato Salad Pineapple Tidbits 1% or Skim Milk	Chicken Caesar Salad w/ Caesar Dressing & Housemade Croutons over Tossed Salad Mix Crackers (2pk) 100% Apple Juice Cinammon Apples 1% or Skim Milk
Monday 7/30/2018	Tuesday 7/31/2018			

*Salad dressing and Condiments available at senior centers

Menus may be subject to change