






**Eastern Nebraska Office on Aging**

**Deli Menu**

**November 2018**

			<b>Thursday 11/1/2018</b>	<b>Friday 11/2/2018</b>
			Creamy Cheese Tortellini over Tossed Salad Mix w/ Grape Tomatoes, Black Olives Crackers(2pk) Peanut Butter Cookie or Diet Cookies 1% or Skim Milk	Chicken Salad on Croissant w/ Lettuce & Tomato Coleslaw Diced Peaches 1% or Skim Milk
<b>Monday 11/5/2018</b>	<b>Tuesday 11/6/2018</b>	<b>Wednesday 11/7/2018</b>	<b>Thursday 11/8/2018</b>	<b>Friday 11/9/2018</b>
Turkey & Cheddar w/ Lettuce & Tomato on Wheat Hamburger Bun Coleslaw Fresh Orange 1% or Skim Milk	Reuben Salad Sliced Corned Beef, Sauerkraut & 1000 Island over Romaine Blend Salad and Housemade Rye Croutons Tropical Fruit Mix 1% or Skim Milk	Creamy Crab & Baby Shrimp Macaroni Salad on Romaine Blend Salad Tomato Wedges Crackers(2pkg) Banana Muffin Square or Diet Cookies 1% or Skim Milk	Sliced Turkey & American Cheese on Ciabatta Bun w/Lettuce & Tomato Potato Salad Pear Slices 1% or Skim Milk	Roast Beef & Swiss w/ Lettuce & Tomato on Marble Bread Broccoli Salad Pineapple Tidbits 1% or Skim Milk
<b>Monday 11/12/2018</b>	<b>Tuesday 11/13/2018</b>	<b>Wednesday 11/14/2018</b>	<b>Thursday 11/15/2018</b>	<b>Friday 11/16/2018</b>
 <b>Senior Centers Closed</b>	Turkey Chef Salad Turkey & Diced Egg Amer. Cheese & Grape Tomatoes 100% Fruit Punch Juice Cinnamon Raisin Bread/Marg Orange 1% or Skim Milk	Fresh Italian Herb Chicken Salad on Pita Bread w/ Lettuce & Tomato Carrot Raisin Salad Decorated Birthday Cake or Plain White Cake 1% or Skim Milk	Classic Chef Salad Turkey, Ham & Diced Egg Amer. Cheese & Grape Tomatoes over Romaine Blend Salad 100% Grape Juice/Crackers(2pk) Butterscotch Pudding or Diet Pudding 1% or Skim Milk	Sliced Ham & American Cheese on Wheat Bread w/ Lettuce & Tomato Potato Salad Fruit Cocktail 1% or Skim Milk
<b>Monday 11/19/2018</b>	<b>Tuesday 11/20/2018</b>	<b>Wednesday 11/21/2018</b>	<b>Thursday 11/22/2018</b>	<b>Friday 11/23/2018</b>
Grilled Chicken Ranch Salad Grilled Chicken Strips Amer. Cheese, Grape Tomatoes & Black Olives over Salad Mix 100% Apple Juice/Crackers(2pk) Mandarin Oranges 1% or Skim Milk	Italian Sandwich Turkey, Ham, Pepperoni, Cheese, Peppers & Red Onion on Vienna Bread Herb Roasted Potato Salad Fruit Crisp or Mixed Fruit 1% or Skim Milk	Roast Beef Chef Salad Roast Beef, Diced Egg Swiss Cheese & Grape Tomatoes over Romaine Blend Salad Crackers(2pkg) Pumpkin Pie w/ Whipped Topping or Diet Pudding 1% or Skim Milk	 <b>Senior Centers Closed</b>	 <b>Senior Centers Closed</b>
<b>Monday 11/26/2018</b>	<b>Tuesday 11/27/2018</b>	<b>Wednesday 11/28/2018</b>	<b>Thursday 11/29/2018</b>	<b>Friday 11/30/2018</b>
Roast Beef & Swiss w/ Lettuce & Tomato on Vienna Bread Marinated Vegetable Salad Fruited Lime Gelatin 1% or Skim Milk	Turkey & Cheddar w/ Lettuce & Tomato on Wheat Hamburger Bun Coleslaw Strawberry Yogurt Cup or Diet Pudding 1% or Skim Milk	Chicken Caesar Salad w/ Caesar Dressing & Housemade Croutons over Romaine Blend Salad Crackers(2pkg) 100% Orange Juice Cinnamon Apples 1% or Skim Milk	BLT Supreme Salad Diced Turkey, Chopped Bacon, Diced Tomato & Shred Cheese over Tossed Salad Mix Crackers(2pk) 100% Fruit Punch Juice Frosted Brownie or Diet Cookies 1% or Skim Milk	Teriyaki Chicken Strips Shredded Carrots & Chow Mein Noodles over Salad Mix w/ Asian Dressing Crackers(2pkg) 100% Orange Juice Carrifruit Salad 1% or Skim Milk

\*Salad dressing and Condiments available at senior centers

Menus may be subject to change