

**Eastern Nebraska Office on Aging**

**Deli Menu**

**October 2018**

<b>Monday 10/1/2018</b>	<b>Tuesday 10/2/2018</b>	<b>Wednesday 10/3/2018</b>	<b>Thursday 10/4/2018</b>	<b>Friday 10/5/2018</b>
Reuben Salad Sliced Corned Beef, Sauerkraut & 1000 Island over Romaine Blend Salad and Housemade Rye Croutons Tropical Fruit Mix 1% or Skim Milk	Sliced Turkey & American Cheese on Ciabatta Bun w/Lettuce & Tomato Potato Salad Pear Slices 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	Chicken Salad on Croissant w/ Lettuce & Tomato Coleslaw Diced Peaches 1% or Skim Milk	Creamy Cheese Tortellini over Tossed Salad Mix w/ Grape Tomatoes, Black Olives Crackers(2pk) Oatmeal Raisin Cookie or Diet Cookies 1% or Skim Milk
<b>Monday 10/8/2018</b>	<b>Tuesday 10/9/2018</b>	<b>Wednesday 10/10/2018</b>	<b>Thursday 10/11/2018</b>	<b>Friday 10/12/2018</b>
 <b>Senior Centers Closed</b>	Tuna Salad on Croissant w/ Lettuce & Tomato Cowboy Caviar Fresh Orange 1% or Skim Milk	Classic Chef Salad Turkey, Ham & Diced Egg Amer. Cheese & Grape Tomatoes over Romaine Blend Salad 100% Grape Juice/Crackers(2pk) Decorated Birthday Cake or Plain White Cake 1% or Skim Milk	Roast Beef & Swiss w/ Lettuce & Tomato on Marble Bread Broccoli Salad Butterscotch Pudding or Diet Pudding 1% or Skim Milk	Turkey Chef Salad Turkey & Diced Egg Amer. Cheese & Grape Tomatoes 100% Fruit Punch Juice Cinnamon Raisin Bread/Marg Pineapple & Strawberries 1% or Skim Milk
<b>Monday 10/15/2018</b>	<b>Tuesday 10/16/2018</b>	<b>Wednesday 10/17/2018</b>	<b>Thursday 10/18/2018</b>	<b>Friday 10/19/2018</b>
Sliced Ham & American Cheese on Wheat Bread w/ Lettuce & Tomato Potato Salad Pear Slices 1% or Skim Milk	Roast Beef Chef Salad Roast Beef, Diced Egg Swiss Cheese & Grape Tomatoes over Romaine Blend Salad Crackers(2pkg) Peanut Butter Cookie or Diet Cookies 1% or Skim Milk	Fresh Italian Herb Chicken Salad on Pita Bread w/ Lettuce & Tomato Carrot Raisin Salad Fresh Banana 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	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
<b>Monday 10/22/2018</b>	<b>Tuesday 10/23/2018</b>	<b>Wednesday 10/24/2018</b>	<b>Thursday 10/25/2018</b>	<b>Friday 10/26/2018</b>
Turkey & Cheddar w/ Lettuce & Tomato on Wheat Hamburger Bun Coleslaw Strawberry Yogurt PC 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	Roast Beef & Swiss w/ Lettuce & Tomato on Vienna Bread Marinated Vegetable Salad Fruited Lime Gelatin 1% or Skim Milk	Classic Chef Salad Turkey, Ham & Diced Egg Amer. Cheese & Grape Tomatoes over Romaine Blend Salad Wheat Bread Stick 100% Grape Juice Sliced Apricots 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
<b>Monday 10/29/2018</b>	<b>Tuesday 10/30/2018</b>	<b>Wednesday 10/31/2018</b>		
Chicken Pasta Salad Fresh Carrot & Celery Sticks Peanut Butter Cup Crackers(2pk) Mandarin Oranges 1% or Skim Milk	Three Meat Hoagie Turkey, Ham, Roast Beef & American Cheese on Wheat Hoagie Bun w/ Lettuce & Tomato Sweet Pepper Slaw Strawberry Applesauce 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