



Eastern Nebraska Office on Aging

				Friday 2/1/2019
				Creamy Cheese Tortellini over Romaine Blend Salad w/ Grape Tomatoes & Black Olives Crackers (2pk) Fruit Cocktail 1% or Skim Milk
Monday 2/4/2019	Tuesday 2/5/2019	Wednesday 2/6/2019	Thursday 2/7/2019	Friday 2/8/2019
Creamy Crab & Baby Shrimp Macaroni Salad on Romaine Blend Salad Tomato Wedges Crackers(2pk) Cinnamon Apple Slices 1% Milk	Ham Chef Salad Diced Ham, Diced Egg Amer. Cheese & Grape Tomatoes Crackers (2pk) 100% Grape Juice Fruited Gelatin or Diet Fruited Gelatin 1% or Skim Milk	Three Meat Hoagie Turkey, Ham, Roast Beef & American Cheese on Wheat Hoagie Bun w/ Leaf Lettuce & Tomato Coleslaw Tapioca or Diet Pudding 1% or Skim Milk	Roast Beef Chef Salad Roast Beef & Diced Egg Amer. Cheese & Grape Tomatoes Romaine Lettuce Blend Crackers (2pk) 100% Fruit Punch Juice Mandarin Oranges 1% or Skim Milk	Egg Salad on Croissant w/ Lettuce & Tomato Three Bean Salad Pineapple Tidbits 1% or Skim Milk
Monday 2/11/2019	Tuesday 2/12/2019	Wednesday 2/13/2019	Thursday 2/14/2019	Friday 2/15/2019
Deli Roast Beef & Cheddar Cheese on WG Bread w/ Lettuce & Tomato Potato Salad Diced Peaches 1% or Skim Milk	Classic Chef Salad Turkey, Ham, Diced Egg Amer. Cheese & Grape Tomatoes Romaine Lettuce Blend Crackers (2pk) 100% Apple Juice Sugar or Diet Cookie 1% Milk	Deli Chicken & American Cheese on Marble Bread w/ Lettuce & Tomato Carrot Raisin Salad Decorated Birthday Cake or Plain Cake Square 1% or Skim Milk	Roast Beef & Swiss on Marble Bread w/ Lettuce & Tomato Marinated Vegetable Salad Strawberry Cheesecake Pudding or Diet Pudding 1% or Skim Milk	Chicken Pasta Salad over Romaine Blend Salad Tomato Wedges Housemade Croutons Carrifruit Salad 1% or Skim Milk
Monday 2/18/2019	Tuesday 2/19/2019	Wednesday 2/20/2019	Thursday 2/21/2019	Friday 2/22/2019
 <p style="text-align: center;">Senior Center Closed</p>	Teriyaki Chicken Strips Shredded Carrots & Chow Mein Noodles over Salad Mix with Asian Dressing Crackers (2pk) 100% Apple Juice Fresh Orange 1% or Skim Milk	Turkey & Cheddar with Leaf Lettuce & Tomato on Ciabatta Coleslaw Blueberry Muffin Square or Diet Cookies 1% or Skim Milk	Greek Chicken Salad Diced Chicken, Cucumber & Tomato over Romaine Blend w/ Greek Feta Dressing Crackers (2pk) 100% Fruit Punch Juice Apricot Halves 1% or Skim Milk	Pecan Cranberry Chicken Salad with Grapes on Cinnamon Raisin Bread Fresh Celery Sticks Peanut Butter Cup Mandarin Oranges 1% or Skim Milk
Monday 2/25/2019	Tuesday 2/26/2019	Wednesday 2/27/2019	Thursday 2/28/2019	
Turkey Chef Salad Diced Turkey, Diced Egg Amer. Cheese & Grape Tomatoes Crackers (2pk) 100% Fruit Punch Juice Cherry Cobbler or Pear Slices 1% or Skim Milk	Sliced Ham & American on Wheat Bread w/ Lettuce & Tomato Carrot Raisin Salad Strawberry Shortcake or Plain Cake 1% or Skim Milk	Roast Beef Chef Salad Roast Beef & Diced Egg Amer. Cheese & Grape Tomatoes Romaine Lettuce Blend Crackers (2pk) 100% Apple Juice Sliced Peaches 1% or Skim Milk	Chicken Caesar Salad w/ Caesar Dressing Housemade Croutons Romaine Lettuce Blend 100% Grape Juice Diced Pears 1% or Skim Milk	

*Salad dressing and Condiments available at senior centers

Menus may be subject to change