




# Eastern Nebraska Office on Aging

## Deli Menu January 2019

	Tuesday 1/1/2019	Wednesday 1/2/2019	Thursday 1/3/2019	Friday 1/4/2019
	 <b>Senior Center Closed</b>	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 Salad or Diet Fruited Gelatin 1% or Skim Milk	Deli Roast Beef & Cheddar Cheese on WG Bread w/ Lettuce & Tomato Potato Salad Diced Peaches 1% or Skim Milk
Monday 1/7/2019	Tuesday 1/8/2019	Wednesday 1/9/2019	Thursday 1/10/2019	Friday 1/11/2019
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	Pecan Cranberry Chicken Salad with Grapes on Cinnamon Raisin Bread Fresh Celery Sticks Peanut Butter Cup Mandarin Oranges 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 Birthday Cake or Plain Cake 1% or Skim Milk	Creamy Cheese Tortellini over Romaine Blend Salad w/ Grape Tomatoes & Black Olives Crackers (2pk) Fruit Cocktail 1% or Skim Milk	Teriyaki Chicken Strips Shredded Carrots & Chow Mein Noodles over Salad Mix with Asian Dressing Crackers (2pk) 100% Apple Juice Diced Pears 1% or Skim Milk
Monday 1/14/2019	Tuesday 1/15/2019	Wednesday 1/16/2019	Thursday 1/17/2019	Friday 1/18/2019
Egg Salad on Croissant w/ Lettuce & Tomato Three Bean Salad Pineapple Tidbits 1% or Skim Milk	BLT Salad Chopped Bacon, Dice Tomato & Romaine Lettuce Blend Housemade Croutons 100% Grape Juice Cherry Vanilla Yogurt PC or Diet Pudding 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	Sliced Ham & American on Wheat Bread w/ Lettuce & Tomato Carrot Raisin Salad Strawberry Shortcake or Plain Cake 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
Monday 1/21/2019	Tuesday 1/22/2019	Wednesday 1/23/2019	Thursday 1/24/2019	Friday 1/25/2019
 <b>Senior Center Closed</b>	Roast Beef & Swiss on Marble Bread w/ Lettuce & Tomato Coleslaw Cinnamon Pear Slices 1% or Skim Milk	Turkey Chef Salad Diced Turkey, Diced Egg Amer. Cheese & Grape Tomatoes Crackers (2pk) 100% Fruit Punch Juice Diced Peaches 1% or Skim Milk	Chicken Pasta Salad over Romaine Blend Salad Tomato Wedges Housemade Croutons Blueberry Muffin Square or Diet Cookies 1% or Skim Milk	Turkey & Cheddar with Leaf Lettuce & Tomato on Ciabatta Marinated Vegetable Salad Carrifruit Salad 1% or Skim Milk
Monday 1/28/2019	Tuesday 1/29/2019	Wednesday 1/30/2019	Thursday 1/31/2019	
Chicken Caesar Salad w/ Caesar Dressing Housemade Croutons Romaine Lettuce Blend 100% Grape Juice Fresh Orange 1% Milk	Deli Chicken & American Cheese on Marble Bread w/ Lettuce & Tomato Carrot Raisin Salad Lemon Pudding or Diet Pudding 1% or Skim Milk	Ham & American Cheese on WG Bread w/ Lettuce & Tomato Potato Salad Glazed Pineapple 1% or Skim Milk	Roast Beef Chef Salad Roast Beef & Diced Egg Amer. Cheese & Grape Tomatoes Romaine Lettuce Blend Crackers (2pk) 100% Apple Juice Cherry Cobbler or Pear Slices 1% or Skim Milk	

\*Salad dressing and Condiments available at senior centers

Menus may be subject to change