




**Eastern Nebraska Office on Aging
Congregate Meals ~ Deli Menu
September 2023**

					Friday 9/1/2023 Classic Chef Salad Ham, Turkey, Diced Egg American & Grape Tomatoes Mixed Greens Salad 100% Fruit Punch WG Breadstick/Marg Oatmeal Cream Pie or Diet Cookies 1% or Skim Milk
	Monday 9/4/2023	Tuesday 9/5/2023	Wednesday 9/6/2023	Thursday 9/7/2023	Friday 9/8/2023
	Ham & Swiss on Vienna Bread w/ Lettuce & Tomato Pea Salad Vanilla Pudding or Diet Pudding 1% or Skim Milk	Creamy Cheese Tortellini Grape Tomatoes & Black Olives over Mixed Greens Salad Housemade Croutons Fresh Orange 1% or Skim Milk 	Classic Chef Salad Ham, Turkey, Diced Egg American & Grape Tomatoes 100% Apple Juice WG Breadstick Cookie - Reg or Diet 1% or Skim Milk 	Roast Beef & Cheddar on Vienna Bread w/ Lettuce & Tomato Coleslaw Pineapple Tidbits 1% or Skim Milk	
Monday 9/11/2023	Tuesday 9/12/2023	Wednesday 9/13/2023	Thursday 9/14/2023	Friday 9/15/2023	
Tuna Salad on WG Bread w/ Lettuce & Tomato Coleslaw Apple Cobbler or Applesauce 1% or Skim Milk	Philly Cheesesteak Salad Roast Beef, Peppers, Onions, Shred Cheese over Mixed Greens Salad 100% Grape Crackers(2pk) Mandarin Oranges 1% or Skim Milk	Roast Beef Chef Salad Roast Beef, Diced Egg Amer. Cheese & Grape Tomatoes Mixed Greens Salad Crackers/100% Grape Juice Chocolate Birthday Cake or Plain Choc. Cake Square 1% or Skim Milk	Italian Sandwich Turkey, Ham, Pepperoni Swiss American Cheese, Red Onions, Peperoncinis on Vienna Bread Potato Salad Tropical Fruit Mix 1% or Skim Milk	Sliced Turkey & American Cheese on Hamburger Bun w/ Lettuce & Tomato Three Bean Salad Fruit Mix 1% or Skim Milk	
Monday 9/18/2023	Tuesday 9/19/2023	Wednesday 9/20/2023	Thursday 9/21/2023	Friday 9/22/2023	
Ham & American on Vienna Bread w/ Lettuce & Tomato Marinated Vegetable Salad Cookie - Reg or Diet 1% or Skim Milk 	Black & Bleu Salad Roast Beef, Blue Cheese Caramelized Red Onion Mixed Greens Salad Crackers(2pk) 100% Apple Juice Butterscotch Pudding or Diet Pudding 1% or Skim Milk	BLT Supreme Salad Diced Turkey, Chopped Bacon Diced Tomato & Shred Cheese over Mixed Greens Salad Crackers(2pks) Vegetable Juice Peaches & Strawberries 1% or Skim Milk	Chicken Caesar Salad w/ Caesar Dressing & Housemade Croutons over Mixed Greens Salad 100% Grape Juice Apricot Halves 1% or Skim Milk	Chicken Salad on Croissant w/ Lettuce & Tomato Potato Salad Mandarin Oranges 1% or Skim Milk 	
Monday 9/25/2023	Tuesday 9/26/2023	Wednesday 9/27/2023	Thursday 9/28/2023	Friday 9/29/2023	
Ham Salad on Marble Bread w/ Lettuce & Tomato Cowboy Caviar Fruit Cocktail 1% or Skim Milk	Turkey & Cheddar on Vienna Bread w/ Lettuce & Tomato Potato Salad Applesauce 1% or Skim Milk 	Cranberry Chicken Salad on Croissant w/ Lettuce & Tomato Potato Salad Sliced Pears 1% or Skim Milk	Classic Chef Salad Ham, Turkey, Diced Egg American & Grape Tomatoes Mixed Greens Salad 100% Apple Juice WG Breadstick Fruit Cocktail 1% or Skim Milk	Roast Beef Chef Salad Roast Beef, Diced Egg American & Grape Tomatoes over Mixed Greens Salad 100% Fruit Punch Crackers(2pk) Chocolate Pudding or Diet Pudding 1% or Skim Milk	

Menus are subject to Change

Allison S. Adrian

Allison S. Adrian, CDM, CFPP
Nutrition Services Division Director

<https://www.facebook.com/enoaseniocenter>

<https://www.facebook.com/enoaging/>