


## Eastern Nebraska Office on Aging

### Deli Meals

**May 2023**

Monday 5/1/2023	Tuesday 5/2/2023	Wednesday 5/3/2023	Thursday 5/4/2023	Friday 5/5/2023
Ham & Cheddar on Wheat Bread w/ Lettuce & Tomato Carrot Raisin Salad Chocolate Pudding or Diet Pudding 1% or Skim Milk	Roast Beef Chef Salad Roast Beef, Diced Egg Amer. Cheese & Grape Tomatoes over Mixed Greens Crackers(2pk) 100% Apple Juice Peaches & Strawberries 1% or Skim Milk	Chicken Caesar Salad w/ Caesar Dressing over Mixed Greens Housemade Croutons 100% Grape Juice Fresh Banana 1% or Skim Milk	Deli Chicken & American Cheese on Vienna Bread w/ Lettuce & Tomato Potato Salad Mandarin Oranges 1% or Skim Milk	Roast Beef & Swiss on WG Bread w/ Lettuce & Tomato Coleslaw Cinnamon Applesauce 1% or Skim Milk
Monday 5/8/2023	Tuesday 5/9/2023	Wednesday 5/10/2023	Thursday 5/11/2023	Friday 5/12/2023
Greek Chicken Salad Diced Chicken, Cucumber & Tomato over Mixed Greens w/ Greek Feta Dressing Crackers(2pks) 100% Fruit Punch Juice Fruit Mix 1% or Skim Milk	Tuna Salad on Croissant w/ Lettuce & Tomato Cowboy Caviar Tropical Fruit Mix 1% or Skim Milk	Turkey & Swiss on 1/2 Ciabatta Bun w/ Lettuce & Tomato Broccoli Salad Decorated Birthday Cake or Plain Cake Square 1% or Skim Milk	Crab Salad on Marble Bread w/ Lettuce & Tomato Cowboy Caviar Choc. Chip Oatmeal Bar or Diet Cookies 1% or Skim Milk	Turkey Chef Salad Diced Turkey, Diced Egg Amer. Cheese & Grape Tomatoes over Mixed Greens Crackers(2pk)/100% Fruit Punch Ambrosia Fruit Salad 1% or Skim Milk
Monday 5/15/2023	Tuesday 5/16/2023	Wednesday 5/17/2023	Thursday 5/18/2023	Friday 5/19/2023
Egg Salad on Croissant w/ Lettuce & Tomato Coleslaw Raspberry Yogurt PC or Diet Pudding 1% or Skim Milk	Black & Bleu Salad Roast Beef, Blue Cheese Caramelized Red Onion over Mixed Greens Tomato Wedges Crackers & 100% Grape Juice Diced Peaches 1% or Skim Milk	Turkey Chef Salad Diced Turkey, Diced Egg Amer. Cheese & Grape Tomatoes over Mixed Greens Crackers(2pks) 100% Grape Juice Jell-O Cake or Diet Jell-O Cake 1% or Skim Milk	Three Meat Hoagie Turkey, Ham, Roast Beef American Cheese w/ Lettuce & Tomato Pea Salad Pineapple Tidbits 1% or Skim Milk	Creamy Cheese Tortellini over Mixed Greens w/ Grape Tomato & Black Olive Crackers(2pk) Lemon Pudding or Diet Pudding 1% or Skim Milk
Monday 5/22/2023	Tuesday 5/23/2023	Wednesday 5/24/2023	Thursday 5/25/2023	Friday 5/26/2023
Ham & American Cheese on WG Bread w/ Lettuce & Tomato Carrot Raisin Salad Oatmeal Cream Pie or Diet Cookies 1% or Skim Milk	Teriyaki Chicken Strips Shredded Carrots & Chow Mein Noodles over Mixed Greens with Asian Dressing Crackers(2pks) 100% Orange Juice Fresh Orange 1% or Skim Milk	Lemon Pepper Tuna Salad on Honey Wheat Bread w/ Lettuce & Tomato Potato Salad Classic Fruit Salad 1% or Skim Milk	Chicken Pasta Salad over Mixed Greens Sweet Potato Salad Housemade Croutons Cinnamon Apples 1% or Skim Milk	Chicken Caesar Salad w/ Caesar Dressing over Mixed Greens Housemade Croutons 100% Grape Juice Sliced Pears 1% or Skim Milk
Monday 5/29/2023	Tuesday 5/30/2023	Wednesday 5/31/2023		
	Roast Beef Chef Salad Roast Beef, Diced Egg Amer. Cheese & Grape Tomatoes over Mixed Greens Crackers(2pk) 100% Grape Juice Fruit Cocktail 1% or Skim Milk	Ham & Swiss on 1/2 Ciabatta Bun w/ Lettuce & Tomato Potato Salad Applesauce 1% or Skim Milk	