
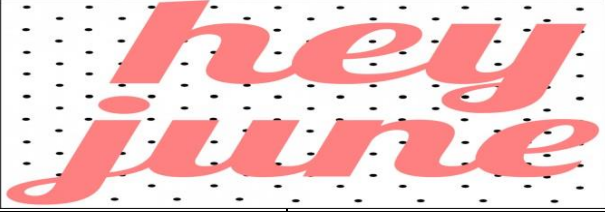


Eastern Nebraska Office on Aging

Deli Meals

June 2023

				Thursday 6/1/2023	Friday 6/2/2023
				Roast Beef & Swiss on WG Bread w/ Lettuce & Tomato Pea Salad Peaches & Strawberries 1% or Skim Milk	BLT Salad Chopped Bacon, Diced Tomato & Mixed Greens Croutons 100% Fruit Punch Oatmeal Cream Pie or Diet Cookies 1% or Skim Milk
Monday 6/5/2023	Tuesday 6/6/2023	Wednesday 6/7/2023	Thursday 6/8/2023	Friday 6/9/2023	
Deli Chicken & American Cheese on Vienna Bread w/ Lettuce & Tomato Potato Salad Chocolate Pudding or Diet Pudding 1% or Skim Milk	Three Meat Hoagie Turkey, Ham, Roast Beef American Cheese w/ Lettuce & Tomato Coleslaw Diced Peaches 1% or Skim Milk	Egg Salad on Croissant w/ Lettuce & Tomato Marinated Vegetable Salad Cinnamon Applesauce 1% or Skim Milk	Greek Chicken Salad Diced Chicken, Cucumber & Tomato over Mixed Greens w/ Greek Feta Dressing Crackers(2pks) 100% Fruit Punch Juice Tropical Fruit 1% or Skim Milk	Roast Beef & Cheddar on Kaiser Bun w/ Lettuce & Tomato Marinated Vegetable Salad Pear Slices 1% or Skim Milk	
Monday 6/12/2023	Tuesday 6/13/2023	Wednesday 6/14/2023	Thursday 6/15/2023	Friday 6/16/2023	
Classic Chef Salad Turkey, Ham, Diced Egg American & Grape Tomatoes over Mixed Greens Crackers (2pk) 100% Apple Juice Mandarin Oranges 1% or Skim Milk	Ham & Cheddar on Wheat Bread w/ Lettuce & Tomato Cowboy Caviar Glazed Pineapple or Pineapple Tidbits 1% or Skim Milk	Chicken Salad on Croissant w/ Lettuce & Tomato Broccoli Salad Decorated Birthday Cake or Plain Cake Square 1% or Skim Milk	Chicken Caesar Salad w/ Caesar Dressing over Mixed Greens Housemade Croutons 100% Grape Juice Banana Pudding or Diet Pudding 1% or Skim Milk	Teriyaki Chicken Strips Shredded Carrots & Chow Mein Noodles over Mixed Greens with Asian Dressing Crackers(2pks) 100% Orange Juice Rice Krispie Bar or Diet Cookie 1% or Skim Milk	
Monday 6/19/2023	Tuesday 6/20/2023	Wednesday 6/21/2023	Thursday 6/22/2023	Friday 6/23/2023	
Chicken Salad on Honey Wheat Bread w/ Lettuce & Tomato Potato Salad Fresh Orange 1% or Skim Milk	Black & Bleu Salad Roast Beef, Blue Cheese Caramelized Red Onion over Mixed Greens Tomato Wedges Crackers & 100% Grape Juice Ambrosia Fruit Salad 1% Milk or Skim Milk	Turkey Chef Salad Diced Turkey, Diced Egg Amer. Cheese & Grape Tomatoes over Mixed Greens Crackers(2pk) 100% Fruit Punch Fruit Mix 1% or Skim Milk	Crab Salad on Marble Bread w/ Lettuce & Tomato Cowboy Caviar Tropical Fruit Mix 1% or Skim Milk	Creamy Cheese Tortellini over Mixed Greens w/ Grape Tomato & Black Olive Crackers(2pk) Chocolate Chip Muffin or Fig Newtons 1% or Skim Milk	
Monday 6/26/2023	Tuesday 6/27/2023	Wednesday 6/28/2023	Thursday 6/29/2023	Friday 6/30/2023	
Chicken Pasta Salad over Mixed Greens Sweet Potato Salad Housemade Croutons Pineapple Tidbits 1% or Skim Milk	Roast Beef Chef Salad Roast Beef, Diced Egg Amer. Cheese & Grape Tomatoes over Mixed Greens Crackers(2pk) 100% Apple Juice Diced Pears 1% or Skim Milk	Greek Chicken Salad Diced Chicken, Cucumber & Tomato over Mixed Greens w/ Greek Feta Dressing Crackers (2pk) 100% Fruit Punch Juice Cinnamon Apples 1% or Skim Milk	Roast Beef & Cheddar on Kaiser Bun w/ Lettuce & Tomato Marinated Vegetable Salad Ambrosia 1% or Skim Milk	Classic Chef Salad Turkey, Ham, Diced Egg American & Grape Tomatoes over Mixed Greens Crackers (2pk) 100% Apple Juice Sugar Cookie or Diet Cookies 1% or Skim Milk	

Final 12/30/2022

*Salad dressing and Condiments available at senior centers

Menus subject to change