

**Eastern Nebraska Office on Aging
Congregate DELI Meals**

November 2023

		Wednesday 11/1/2023	Thursday 11/2/2023	Friday 11/3/2023
		Chicken Salad on Croissant w/ Lettuce & Tomato Cowboy Caviar Mandarin Oranges 1% or Skim Milk	Creamy Crab & Baby Shrimp Macaroni Salad on Mixed Greens Salad Tomato Wedges Crackers(2pk) Pineapple Tidbits 1% or Skim Milk	Egg Salad on Vienna Bread w/ Lettuce & Tomato Three Bean Salad Fruit Mix 1% or Skim Milk
Monday 11/6/2023	Tuesday 11/7/2023	Wednesday 11/8/2023	Thursday 11/9/2023	Friday 11/10/2023
Turkey & Cheddar on Vienna Bread w/ Leaf Lettuce & Tomato Herb Roasted Potato Salad Pineapple & Strawberries 1% or Skim Milk	Black & Bleu Salad Roast Beef, Blue Cheese Caramelized Red Onion Mixed Greens Salad Crackers & 100% Apple Juice Fruit Cocktail 1% or Skim Milk	Roast Beef & Cheddar on Vienna Bread w/ Lettuce & Tomato Pea Salad Decorated Birthday Cake or Plain Cake Square 1% or Skim Milk	Classic Chef Salad Ham, Turkey, Diced Egg American & Grape Tomatoes 100% Fruit Punch WG Breadstick/Marg Diced Peaches 1% or Skim Milk	Veteran's Day No Meals Centers will be Closed
Monday 11/13/2023	Tuesday 11/14/2023	Wednesday 11/15/2023	Thursday 11/16/2023	Friday 11/17/2023
Italian Sandwich Turkey, Ham, Pepperoni Swiss American Cheese, Red Onions, Peperoncinis on Vienna Bread Coleslaw Mandarin Oranges 1% or Skim Milk	Grilled Chicken Strip Salad w/ American Cheese, Grape Tomatoes & Black Olive over Mixed Greens Salad Crackers(2pk) 100% Apple Juice Applesauce 1% or Skim Milk	BLT Supreme Salad Diced Turkey, Chopped Bacon Diced Tomato & Shred Cheese over Mixed Greens Salad Crackers(2pks) 100% Grape Juice Ambrosia Salad 1% or Skim Milk	Roast Beef & Swiss on Honey Wheat Bread w/ Lettuce & Tomato Potato Salad Sliced Pears 1% or Skim Milk	Ham Salad on Marble Bread w/ Lettuce & Tomato Pea Salad Bread Pudding 1% or Skim Milk
Monday 10/23/2023	Tuesday 10/24/2023	Wednesday 10/25/2023	Thursday 10/26/2023	Friday 10/27/2023
Turkey & American on WG Bread w/ Lettuce & Tomato Broccoli Salad Pineapple Tidbits 1% or Skim Milk	Chicken Caesar Salad w/ Caesar Dressing & Croutons over Mixed Greens Salad 100% Grape Juice Strawberry Yogurt PC or Diet Pudding 1% or Skim Milk	Roast Beef Chef Salad Roast Beef, Diced Egg, Swiss Cheese & Grape Tomatoes over Mixed Greens Salad Crackers(2pk) 100% Fruit Punch Pumpkin Pie w/ Whip Topping or Diet Pudding 1% or Skim Milk	Thanksgiving Day No Meals Centers will be Closed	Thanksgiving Observance No Meals Centers will be Closed
Monday 11/27/2023	Tuesday 11/28/2023	Wednesday 11/29/2023	Thursday 11/30/2023	
Ham & Swiss on Vienna Bread w/ Lettuce & Tomato Coleslaw Sliced Peaches 1% or Skim Milk	Creamy Crab & Baby Shrimp Macaroni Salad over Mixed Greens Salad Tomato Wedges Crackers(2pk) Fresh Orange 1% or Skim Milk	Roast Beef Chef Salad Roast Beef, Diced Egg Amer. Cheese & Grape Tomatoes over Mixed Greens Salad 100% Fruit Punch Crackers(2pk) Strawberry Shortcake Muffin 1% or Skim Milk	Turkey & Cheddar on WG Bread w/ Lettuce & Tomato Potato Salad Chocolate Pudding or Diet Pudding 1% or Skim Milk	