

**Eastern Nebraska Office on Aging
Deli Meals
October 2021**

				<p align="center">Friday 10/1/2021</p> <p>Reuben Salad Sliced Corned Beef Sauerkraut & 1000 Island over Romaine Blend Croutons Oatmeal Raisin Cookie or Diet Cookies 1% or Skim Milk</p>
<p align="center">Monday 10/4/2021</p> <p>Roast Beef & Swiss on Kaiser Bun w/ Lettuce & Tomato Pea Salad Tropical Fruit Mix 1% or Skim Milk</p>	<p align="center">Tuesday 10/5/2021</p> <p>Creamy Cheese Tortellini over Romaine Blend Salad Grape Tomatoes & Black Olives Croutons Fresh Orange 1% or Skim Milk</p>	<p align="center">Wednesday 10/6/2021</p> <p>Turkey & Cheddar on Vienna Bread w/ Lettuce & Tomato Three Bean Salad Fresh Banana 1% or Skim Milk</p>	<p align="center">Thursday 10/7/2021</p> <p>Ham & American Cheese on WG Bread w/ Lettuce & Tomato Carrot Raisin Salad Tapioca Pudding or Diet Pudding 1% or Skim Milk</p>	<p align="center">Friday 10/8/2021</p> <p>Classic Chef Salad Ham, Turkey, Diced Egg American & Grape Tomatoes 100% Fruit Punch Crackers(2pk) Pineapple & Strawberries 1% or Skim Milk</p>
<p align="center">Monday 10/11/2021</p>  <p align="center"><i>Senior Centers Closed</i></p>	<p align="center">Tuesday 10/12/2021</p> <p>Roast Beef Chef Salad Roast Beef, Diced Egg American & Grape Tomatoes over Romaine Blend Salad 100% Fruit Punch WG Breadstick Peanut Butter or Diet Cookie 1% or Skim Milk</p>	<p align="center">Wednesday 10/13/2021</p> <p>Italian Herb Chicken Salad on Croissant w/ Lettuce & Tomato Broccoli Salad Decorated Birthday Cake or Plain Cake Square 1% or Skim Milk</p>	<p align="center">Thursday 10/14/2021</p> <p>Three Meat Sandwich Turkey, Ham, Roast Beef & American Cheese on Vienna Bread Herb Roasted Potato Salad Fruit Crisp or Mixed Fruit 1% or Skim Milk</p>	<p align="center">Friday 10/15/2021</p> <p>Ham Salad on Rye Bread w/ Lettuce & Tomato Cowboy Caviar Mandarin Oranges 1% or Skim Milk</p>
<p align="center">Monday 10/18/2021</p> <p>Italian Sandwich Turkey, Ham, Pepperoni Cheese, Peppers & Red Onions on Vienna Bread Coleslaw Strawberry Yogurt Cup or Diet Pudding 1% or Skim Milk</p>	<p align="center">Tuesday 10/19/2021</p> <p>Chicken Caesar Salad w/ Caesar Dressing Parm. Cheese & Croutons over Romaine Blend Salad Crackers(2pk) 100% Orange Juice Cinnamon Applesauce 1% or Skim Milk</p>	<p align="center">Wednesday 10/20/2021</p> <p>Roast Beef & Cheddar on Vienna Bread w/ Lettuce & Tomato Pea Salad Fruited Gelatin or Fruited Diet Gelatin 1% or Skim Milk</p>	<p align="center">Thursday 10/21/2021</p> <p>Classic Chef Salad Ham, Turkey, Diced Egg American & Grape Tomatoes 100% Fruit Punch Crackers(2pk) Sliced Apricots 1% or Skim Milk</p>	<p align="center">Friday 10/22/2021</p> <p>BLT Supreme Salad Diced Turkey, Chopped Bacon Diced Tomato & Shred Cheese over Romaine Blend Crackers(2pks) Vegetable Juice Frosted Brownie or Diet Cookie 1% or Skim Milk</p>
<p align="center">Monday 10/25/2021</p> <p>Chicken Pasta Salad Three Bean Salad Tomato Wedges WG Breadstick Mandarin Oranges 1% or Skim Milk</p>	<p align="center">Tuesday 10/26/2021</p> <p>Sliced Turkey & American Cheese on Hamburger Bun w/ Lettuce & Tomato Potato Salad Pear Slices 1% or Skim Milk</p>	<p align="center">Wednesday 10/27/2021</p> <p>Classic Chef Salad Ham & Swiss Cheese Egg & Grape Tomatoes over Romaine Blend Salad 100% Orange Juice Crackers(2pks) Applesauce 1% or Skim Milk</p>	<p align="center">Thursday 10/28/2021</p> <p>Cobb Salad with Bacon Diced Egg, Chicken & Ham with Bleu Cheese Crumbles over Romain Blend Salad 100% Apple Juice Crackers(2pkg) Diced Peaches 1% or Skim Milk</p>	<p align="center">Friday 10/29/2021</p> <p>Turkey Chef Salad Diced Turkey, Diced Egg Amer. Cheese & Grape Tomatoes Romaine Lettuce Blend Crackers(2pk) 100% Grape Juice Pumpkin Muffin Square 1% or Skim Milk</p>

Final August 10, 2021

*Salad dressing and Condiments available at senior centers

Menus subject to change