





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

Monday 11/1/2021	Tuesday 11/2/2021	Wednesday 11/3/2021	Thursday 11/4/2021	Friday 11/5/2021
Turkey & Cheddar on WG Bread w/ Lettuce & Tomato Coleslaw Fresh Orange 1% or Skim Milk	Reuben Salad Sliced Corned Beef Sauerkraut & 1000 Island over Romaine Blend Salad Croutons Tropical Fruit Mix 1% or Skim Milk	Chicken Salad on Croissant w/ Lettuce & Tomato Cowboy Caviar Banana Muffin Square 1% or Skim Milk	Creamy Crab & Baby Shrimp Macaroni Salad on Romaine Blend Salad Tomato Wedges Crackers(2pk) Pear Slices 1% or Skim Milk	Egg Salad on Vienna Bread w/ Lettuce & Tomato Three Bean Salad Pineapple Tidbits 1% or Skim Milk
Monday 11/8/2021	Tuesday 11/9/2021	Wednesday 11/10/2021	Thursday 11/11/2021	Friday 11/12/2021
Turkey Chef Salad Diced Turkey, Diced Egg Amer. Cheese & Grape Tomatoes Romaine Blend Salad Crackers(2pk) 100% Grape Juice Mandarin Oranges 1% or Skim Milk	Black & Bleu Salad Roast Beef, Blue Cheese Caramelized Red Onion Romaine Lettuce Blend 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
Monday 11/15/2021	Tuesday 11/16/2021	Wednesday 11/17/2021	Thursday 11/18/2021	Friday 11/19/2021
Grilled Chicken Strip Salad w/ American Cheese, Grape Tomatoes & Black Olive over Romaine Blend Salad Crackers(2pk) 100% Apple Juice Sugar Cookies or Diet Cookies 1% or Skim Milk	Italian Sandwich Turkey, Ham, Pepperoni Swiss American Cheese, Red Onions, Peperoncinis on Vienna Bread Sweet Potato Salad Butterscotch or Diet Pudding 1% or Skim Milk	BLT Supreme Salad Diced Turkey, Chopped Bacon Diced Tomato & Shred Cheese over Romaine Blend Crackers(2pks) 100% Grape Juice Ambrosia 1% or Skim Milk	Roast Beef & Swiss on Honey Wheat Bread w/ Lettuce & Tomato Potato Salad Diced Pears 1% or Skim Milk	Ham Salad on Marble Bread w/ Lettuce & Tomato Pea Salad Fruit Crisp or Fruit Mix 1% or Skim Milk
Monday 11/22/2021	Tuesday 11/23/2021	Wednesday 11/24/2021	Thursday 11/25/2021	Friday 11/26/2021
Chicken Caesar Salad w/ Caesar Dressing & Croutons over Romaine Blend Salad 100% Grape Juice Pear Slices 1% or Skim Milk	Turkey & American on WG Bread w/ Lettuce & Tomato Broccoli Salad Strawberry Yogurt Cup or Diet Pudding 1% or Skim Milk	Roast Beef Chef Salad Roast Beef, Diced Egg, Swiss Cheese & Grape Tomatoes over Romaine Blend Salad Crackers(2pk) 100% Fruit Punch Pumpkin Pie w/ Whip Topping or Diet Pudding 1% or Skim Milk		Senior Centers Closed
Monday 11/29/2021	Tuesday 11/30/2021			
Ham & Swiss on Vienna Bread w/ Lettuce & Tomato Coleslaw Sliced Peaches 1% or Skim Milk	Creamy Crab & Baby Shrimp Macaroni Salad over Romaine Blend Salad Tomato Wedges Crackers(2pk) Banana Muffin Square 1% or Skim Milk			

Final August 10, 2021

*Salad dressing and Condiments available at senior centers

Menus subject to change