



Eastern Nebraska Office on Aging

**Deli Meals
March 2023**

		<p align="center">Wednesday 3/1/2023</p> <p>Greek Chicken Salad Diced Chicken, Cucumber & Tomato over Romaine Blend w/ Greek Feta Dressing Crackers (2pk) 100% Fruit Punch Juice Apricot Halves 1% or Skim Milk</p>	<p align="center">Thursday 3/2/2023</p> <p>Creamy Crab & Baby Shrimp Macaroni Salad on Mixed Greens Salad Tomato Wedges Crackers(2pk) Cinnamon Apple Slices 1% Milk</p>	<p align="center">Friday 3/3/2023</p> <p>Roast Beef Chef Salad Roast Beef & Diced Egg Amer. Cheese & Grape Tomatoes Mixed Greens Entrée Salad Crackers (2pk) 100% Apple Juice Diet Fruited Gelatin 1% or Skim Milk</p>
<p align="center">Monday 3/6/2023</p> <p>Roast Beef & Swiss on Marble Bread w/ Lettuce & Tomato Marinated Vegetable Salad Diced Pears 1% or Skim Milk</p>	<p align="center">Tuesday 3/7/2023</p> <p>Turkey Chef Salad Diced Turkey, Diced Egg Amer. Cheese & Grape Tomatoes Crackers (2pk) 100% Fruit Punch Juice Chocolate Chip Muffin 1% or Skim Milk</p>	<p align="center">Wednesday 3/8/2023</p> <p>Sliced Ham & American on Wheat Bread w/ Lettuce & Tomato Coleslaw Decorated Birthday Cake or Plain Cake Square 1% or Skim Milk</p>	<p align="center">Thursday 3/9/2023</p> <p>BLT Salad Chopped Bacon, Dice Tomato & Mixed Greens Salad Croutons 100% Grape Juice Cherry Vanilla Yogurt PC or Diet Pudding 1% or Skim Milk</p>	<p align="center">Friday 3/10/2023</p> <p>Chicken Salad on Rye Bread w/ Lettuce & Tomato Tomato Cucumber & Onion Salad Applesauce 1% or Skim Milk</p>
<p align="center">Monday 3/13/2023</p> <p>Turkey & Cheddar on WG Bread w/ Lettuce & Tomato Potato Salad Diced Peaches 1% or Skim Milk</p>	<p align="center">Tuesday 3/14/2023</p> <p>Cranberry Chicken Salad on Raisin Bread w/ Lettuce & Tomato Carrot Raisin Salad Pineapple Tidbits 1% or Skim Milk</p>	<p align="center">Wednesday 3/15/2023</p> <p>Chicken Pasta Salad over Mixed Greens Salad Tomato Wedges Croutons Classic Fruit Salad 1% or Skim Milk</p>	<p align="center">Thursday 3/16/2023</p> <p>Classic Chef Salad Turkey, Ham, Diced Egg Amer. Cheese & Grape Tomatoes Crackers (2pk) 100% Grape Juice Fruit Cocktail 1% or Skim Milk</p>	<p align="center">Friday 3/17/2023</p> <p>Creamy Cheese Tortellini over Mixed Greens Salad w/ Grape Tomatoes & Black Olives Crackers (2pk) Emerald Pudding or Mandarin Oranges 1% or Skim Milk St Patrick's Day</p>
<p align="center">Monday 3/20/2023</p> <p>Roast Beef Chef Salad Roast Beef & Diced Egg Amer. Cheese & Grape Tomatoes Mixed Greens Salad Crackers (2pk) 100% Apple Juice Cinnamon or Plain Apple Slices 1% or Skim Milk</p>	<p align="center">Tuesday 3/21/2023</p> <p>Three Meat Hoagie Turkey, Ham, Roast Beef & American Cheese on Wheat Hoagie Bun w/ Leaf Lettuce & Tomato Coleslaw Oatmeal Raisin or Diet Cookie 1% or Skim Milk</p>	<p align="center">Wednesday 3/22/2023</p> <p>Ham Salad on Croissant w/ Lettuce & Tomato Carrot Raisin Salad Diced Pears 1% Milk</p>	<p align="center">Thursday 3/23/2023</p> <p>Chicken Caesar Salad w/ Caesar Dressing Croutons Mixed Greens Entrée Salad 100% Grape Juice Pineapple Tidbits 1% or Skim Milk</p>	<p align="center">Friday 3/24/2023</p> <p>Italian Sandwich Turkey, Ham, Pepperoni, Cheese, Peppers & Red Onion on Vienna Bread Potato Salad Peach Slices 1% or Skim Milk</p>
<p align="center">Monday 3/27/2023</p> <p>Ham & American Cheese on WG Bread w/ Lettuce & Tomato Potato Salad Fruit Mix 1% or Skim Milk</p>	<p align="center">Tuesday 3/28/2023</p> <p>Deli Turkey & American Cheese on Marble Bread w/ Lettuce & Tomato Carrot Raisin Salad Chocolate Brownie or Diet Cookies 1% or Skim Milk</p>	<p align="center">Wednesday 3/29/2023</p> <p>Roast Beef Chef Salad Roast Beef & Diced Egg Amer. Cheese & Grape Tomatoes Mixed Greens Entrée Salad Crackers (2pk) 100% Fruit Punch Juice Strawberry Shortcake or Plain Cake Square 1% or Skim Milk</p>	<p align="center">Thursday 3/30/2023</p> <p>Cranberry Chicken Salad with Grapes on Cinnamon Raisin Bread Marinated Vegetable Salad Mandarin Oranges 1% or Skim Milk</p>	<p align="center">Friday 3/31/2023</p> <p>Classic Chef Salad Turkey, Ham, Diced Egg Amer. Cheese & Grape Tomatoes Crackers (2pk) 100% Grape Juice Fruit Cocktail 1% or Skim Milk</p>

Final 11/18/2022

Salad Dressing and Condiments available at senior center

Menus Subject to Change