

**Eastern Nebraska Office on Aging  
Deli Menus  
December 2022**

| Monday   | Tuesday   | Wednesday  | Thursday<br>12/1/2022   | Friday<br>12/2/2022   |
|--|---|--|---|---|
|    |    |  | Turkey & Cheddar on WG Bread<br>w/ Lettuce & Tomato<br>Potato Salad<br>Chocolate Pudding or Diet Pudding<br>1% or Skim Milk   | Classic Chef Salad<br>Ham, Turkey, Diced Egg<br>American & Grape Tomatoes<br>over Mixed Greens Salad<br>100% Fruit Punch<br>WG Breadstick/Marg<br>Applesauce<br>1% or Skim Milk |
| Monday<br>12/5/2022  | Tuesday<br>12/6/2022  | Wednesday<br>12/7/2022   | Thursday<br>12/8/2022   | Friday<br>12/9/2022   |
| Ham Chef Salad<br>Diced Ham, Diced Egg<br>American & Grape Tomatoes<br>over Mixed Greens Salad<br>100% Fruit Punch<br>Crackers(2pk)<br>Peanut Butter or Diet Cookie<br>1% or Skim Milk | Egg Salad<br>on Vienna Bread<br>w/ Lettuce & Tomato<br>Three Bean Salad<br>Diced Pears<br>1% or Skim Milk   | Turkey Chef Salad<br>Diced Turkey, Diced Egg<br>American & Grape Tomatoes<br>over Mixed Green Salad<br>100% Fruit Punch<br>Crackers(2pk)<br>Peach Yogurt PC or Diet Pudding<br>1% or Skim Milk | Black & Bleu Salad<br>Roast Beef, Blue Cheese<br>Caramelized Red Onion<br>Mixed Greens Salad<br>Crackers & 100% Apple Juice<br>Tropical Fruit Mix<br>1% or Skim Milk                                | Roast Beef & Cheddar<br>on WG Bun<br>w/ Lettuce & Tomato<br>Cowboy Caviar<br>Mandarin Oranges<br>1% or Skim Milk  |
| Monday<br>12/12/2022   | Tuesday<br>12/13/2022   | Wednesday<br>12/14/2022  | Thursday<br>12/15/2022  | Friday<br>12/16/2022  |
| Chicken Salad<br>on WG Bread<br>w/ Lettuce & Tomato<br>Cowboy Caviar<br>Fresh Orange<br>1% or Skim Milk  | BLT Supreme Salad<br>Diced Turkey, Chopped Bacon<br>Diced Tomato & Shred Cheese<br>over Mixed Greens Salad<br>Crackers(2pks)<br>100% Grape Juice<br>Pear Slices<br>1% or Skim Milk                  | Roast Beef & American<br>on Vienna Bread<br>w/ Lettuce & Tomato<br>Pea Salad<br>Decorated Birthday Cake<br>or Plain Cake Square<br>1% or Skim Milk   | Italian Sandwich<br>Turkey, Ham, Pepperoni<br>Swiss American Cheese,<br>Red Onions, Peperoncinis<br>on Vienna Bread<br>Broccoli Salad<br>Peaches & Strawberries<br>1% or Skim Milk                  | Classic Chef Salad<br>Ham, Turkey, Diced Egg<br>American & Grape Tomatoes<br>over Mixed Greens Salad<br>Crackers(2pkg)<br>100% Fruit Punch<br>Fruit Mix<br>1% or Skim Milk      |
| Monday<br>12/19/2022   | Tuesday<br>12/20/2022   | Wednesday<br>12/21/2022  | Thursday<br>12/22/2022  | Friday<br>12/23/2022  |
| Deli Chicken & American<br>on Vienna Bread<br>w/ Lettuce & Tomato<br>Marinated Vegetable Salad<br>Sliced Peaches<br>1% or Skim Milk  | Roast Beef & Swiss<br>on Marble Bread<br>w/ Lettuce & Tomato<br>Coleslaw<br>Oatmeal Cream Pie<br>or Diet Cookies<br>1% or Skim Milk   | Chicken Salad on<br>Croissant<br>w/ Lettuce & Tomato<br>Sweet Potato Salad<br>Cheesecake with<br>Cherry Topping<br>or Diet Pudding<br>1% or Skim Milk  | Chicken Caesar Salad<br>w/ Caesar Dressing &<br>Housemade Croutons<br>over Mixed Greens Salad<br>100% Grape Juice<br>Mandarin Oranges & Pineapple<br>1% or Skim Milk                                | Three Meat Sandwich<br>Turkey, Ham, Roast Beef<br>Amer. & Swiss Cheese<br>on WG Hoagie Bun<br>w/ Lettuce & Tomato<br>Carrot Raisin Salad<br>Applesauce<br>1% or Skim Milk       |
| Monday<br>12/26/2022   | Tuesday<br>12/27/2022   | Wednesday<br>12/28/2022  | Thursday<br>12/29/2022  | Friday<br>12/30/2022  |
| <br><b>Senior Centers closed</b>   | Turkey Chef Salad<br>Diced Turkey, Diced Egg<br>Amer. Cheese & Grape Tomato<br>over Mixed Greens Salad<br>Crackers(2pks)<br>100% Fruit Punch Juice<br>Fudge Round or Diet Cookie<br>1% or Skim Milk | Ham Salad on<br>Marble Bread<br>w/ Lettuce & Tomato<br>Pea Salad<br>Pineapple Tidbits<br>1% or Skim Milk   | BLT Supreme Salad<br>Diced Turkey, Chopped Bacon<br>Diced Tomato & Shred Cheese<br>over Mixed Greens Salad<br>Crackers(2pks)<br>100% Grape Juice<br>Butterscotch or Diet Pudding<br>1% or Skim Milk | Chicken Salad on<br>Croissant<br>w/ Lettuce & Tomato<br>Coleslaw<br>Fruit Cocktail<br>1% or Skim Milk   |

Final 8-31-2022

Salad Dressing and Condiments available at senior center

Menus subject to change