





Eastern Nebraska Office on Aging

Deli Meals

February 2022

	Tuesday 2/1/2022	Wednesday 2/2/2022	Thursday 2/3/2022	Friday 2/4/2022
	Classic Chef Salad Turkey, Ham, Diced Egg Amer. Cheese & Grape Tomatoes Romaine Lettuce Blend Crackers (2pk) 100% Apple Juice Fruit Cocktail 1% or Skim Milk	Three Meat Hoagie Turkey, Ham, Roast Beef & American Cheese on Wheat Hoagie Bun w/ Leaf Lettuce & Tomato Coleslaw Butterscotch or Diet Pudding 1% or Skim Milk	Roast Beef Chef Salad Roast Beef & Diced Egg Amer. Cheese & Grape Tomatoes Romaine Lettuce Blend Crackers (2pk) 100% Fruit Punch Juice Mandarin Oranges 1% or Skim Milk	Egg Salad on Croissant w/ Lettuce & Tomato Three Bean Salad Pineapple Tidbits 1% or Skim Milk
Monday 2/7/2022	Tuesday 2/8/2022	Wednesday 2/9/2022	Thursday 2/10/2022	Friday 2/11/2022
Deli Roast Beef & Cheddar Cheese on WG Bread w/ Lettuce & Tomato Potato Salad Diced Peaches 1% or Skim Milk	Creamy Cheese Tortellini over Romaine Blend Salad w/ Grape Tomatoes & Black Olives Crackers (2pk) Sugar Cookie or Diet Cookies 1% or Skim Milk	Deli Chicken & American Cheese on Marble Bread w/ Lettuce & Tomato Carrot Raisin Salad Decorated Birthday Cake or Plain Cake Square 1% or Skim Milk	Turkey & Swiss on Marble Bread w/ Lettuce & Tomato Marinated Vegetable Salad Fruit Mix 1% or Skim Milk	Chicken Pasta Salad over Romaine Blend Salad Tomato Wedges Housemade Croutons Sliced Pears 1% or Skim Milk
Monday 2/14/2022 	Tuesday 2/15/2022	Wednesday 2/16/2022	Thursday 2/17/2022	Friday 2/18/2022
Turkey Chef Salad Diced Turkey, Diced Egg Amer. Cheese & Grape Tomatoes Crackers (2pk) 100% Fruit Punch Juice Strawberry Cheesecake Pudding or Diet Pudding 1% or Skim Milk	Teriyaki Chicken Strips Shredded Carrots & Chow Mein Noodles over Salad Mix with Asian Dressing Crackers (2pk) 100% Apple Juice Fresh Orange 1% or Skim Milk	Roast Beef Chef Salad Roast Beef & Diced Egg Amer. Cheese & Grape Tomatoes Romaine Lettuce Blend Crackers (2pk) 100% Apple Juice Glazed Pineapple or PI Pineapple 1% or Skim Milk	Chicken Caesar Salad w/ Caesar Dressing Housemade Croutons Romaine Lettuce Blend 100% Grape Juice Diced Pears 1% Milk	Pecan Cranberry Chicken Salad with Grapes on Cinnamon Raisin Bread Cowboy Caviar Frosted Brownie or Diet Cookies 1% or Skim Milk
Monday 2/21/2022	Tuesday 2/22/2022	Wednesday 2/23/2022	Thursday 2/24/2022	Friday 2/25/2022
 Presidents Day Senior Center Closed	Sliced Ham & American on Wheat Bread w/ Lettuce & Tomato Carrot Raisin Salad Strawberry Short Cake or Plain Cake Square 1% or Skim Milk	Turkey & Cheddar with Leaf Lettuce & Tomato on 1/2 Ciabatta Coleslaw Fruit Cocktail 1% or Skim Milk	Greek Chicken Salad Diced Chicken, Cucumber & Tomato over Romaine Blend w/ Greek Feta Dressing Crackers (2pk) 100% Fruit Punch Juice Applesauce 1% or Skim Milk	Ham Chef Salad Diced Ham, Diced Egg Amer. Cheese & Grape Tomatoes Crackers (2pk) 100% Grape Juice Chocolate Chip Cookie or Diet Cookies 1% or Skim Milk
Monday 2/28/2022				
Chicken Pasta Salad over Romaine Blend Salad Tomato Wedges Housemade Croutons Classic Fruit Salad 1% or Skim Milk				

*Salad dressing and Condiments available at senior centers

Menus subject to change