

**Eastern Nebraska Office on Aging  
Congregate DELI Meals**

**October 2023**

<b>Monday 10/2/2023</b>	<b>Tuesday 10/3/2023</b>	<b>Wednesday 10/4/2023</b>	<b>Thursday 10/5/2023</b>	<b>Friday 10/6/2023</b>
Roast Beef & Swiss on Kaiser Bun w/ Lettuce & Tomato Pea Salad Tropical Fruit Mix 1% or Skim Milk	Creamy Cheese Tortellini over Mixed Greens Salad Grape Tomatoes & Black Olives Croutons Fresh Orange 1% or Skim Milk	Turkey & Cheddar on Vienna Bread w/ Lettuce & Tomato Three Bean Salad Bread Pudding 1% or Skim Milk	Ham & American Cheese on WG Bread w/ Lettuce & Tomato Carrot Raisin Salad Lemon Pudding or Diet Pudding 1% or Skim Milk	Classic Chef Salad Ham, Turkey, Diced Egg American & Grape Tomatoes over Mixed Greens Salad 100% Fruit Punch Crackers(2pk) Pineapple & Strawberries 1% or Skim Milk
<b>Monday 10/9/2023</b>	<b>Tuesday 10/10/2023</b>	<b>Wednesday 10/11/2023</b>	<b>Thursday 10/12/2023</b>	<b>Friday 10/13/2023</b>
Egg Salad on Vienna Bread w/ Lettuce & Tomato Cowboy Caviar Diced Peaches 1% or Skim Milk	Classic Chef Salad Ham, Turkey, Diced Egg American & Grape Tomatoes over Mixed Greens Salad 100% Grape Juice WG Breadstick Peanut Butter or Diet Cookie 1% or Skim Milk	Italian Herb Chicken Salad on Croissant w/ Lettuce & Tomato Broccoli Salad Decorated Birthday Cake or Plain Cake Square 1% or Skim Milk	Sliced Ham & Cheddar on WG Bun w/ Lettuce & Tomato Potato Salad Fruit Mix 1% or Skim Milk	Ham Salad on Rye Bread w/ Lettuce & Tomato Cowboy Caviar Mandarin Oranges 1% or Skim Milk
<b>Monday 10/16/2023</b>	<b>Tuesday 10/17/2023</b>	<b>Wednesday 10/18/2023</b>	<b>Thursday 10/19/2023</b>	<b>Friday 10/20/2023</b>
Italian Sandwich Turkey, Ham, Pepperoni Cheese, Peppers & Red Onions on Vienna Bread Coleslaw Fresh Orange 1% or Skim Milk	Chicken Caesar Salad w/ Caesar Dressing Parm. Cheese & Croutons over Mixed Greens Salad Crackers(2pk) 100% Orange Juice Diced Peaches 1% or Skim Milk	Roast Beef & Cheddar on Vienna Bread w/ Lettuce & Tomato Pea Salad Choc. Chocolate Chip Muffin 1% or Skim Milk	Classic Chef Salad Ham, Turkey, Diced Egg American & Grape Tomatoes over Mixed Greens Salad 100% Fruit Punch Crackers(2pk) Sliced Apricots 1% or Skim Milk	BLT Supreme Salad Diced Turkey, Chopped Bacon Diced Tomato & Shred Cheese over Mixed Greens Salad Crackers(2pks)/Vegetable Juice Choc. Chip Oatmeal Bar or Diet Cookies 1% or Skim Milk
<b>Monday 10/23/2023</b>	<b>Tuesday 10/24/2023</b>	<b>Wednesday 10/25/2023</b>	<b>Thursday 10/26/2023</b>	<b>Friday 10/27/2023</b>
Chicken Pasta Salad Three Bean Salad Tomato Wedges WG Breadstick Fresh Pear 1% or Skim Milk	Sliced Turkey & American Cheese on Hamburger Bun w/ Lettuce & Tomato Potato Salad Pear Slices 1% or Skim Milk	Classic Chef Salad Ham & Swiss Cheese Egg & Grape Tomatoes over Mixed Greens Salad 100% Orange Juice Crackers(2pks) Fudge Round or Diet Cookie 1% or Skim Milk	Cobb Salad with Bacon Diced Egg, Chicken & Ham with Bleu Cheese Crumbles over Mixed Greens Salad 100% Apple Juice Crackers(2pkg) Diced Peaches 1% or Skim Milk	Turkey Chef Salad Diced Turkey, Diced Egg Amer. Cheese & Grape Tomatoes over Mixed Greens Salad Crackers(2pk) 100% Grape Juice Applesauce 1% or Skim Milk
<b>Monday 10/30/2023</b>	<b>Tuesday 10/31/2023</b>			
Turkey & Cheddar on WG Bread w/ Lettuce & Tomato Coleslaw Tropical Fruit Mix 1% or Skim Milk	Reuben Salad Sliced Corned Beef Sauerkraut & 1000 Island over Mixed Greens Salad Croutons Pumpkin Fluff 1% or Skim Milk			

