Eastern Nebraska Office on Aging Deli Meals January 2023

100% Grape Juice Fresh Orange 1% MilkLemon Pudding or Diet Pudding 1% or Skim MilkGlazed Pineapple or Plain Pineapple 1% or Skim MilkCrackers (2pk) 100% Apple Juice Cinnamon or Plain Apple Slices 1% or Skim Milk100% Grape Juice Fudge Round or Diet Cookies 1% or Skim MilkMonday 1/30/2023Tuesday 1/31/2023Classic Chef Salad Turkey, Ham, Diced Egg Amer. Cheese & Grape Tomatoes Mixed Greens Entrée Salad Crackers (2pk) Sliced Peaches 1% MilkClassic Chef Salad Turkey, Ham, Diced Egg Amer. Cheese & Grape Tomatoes Mixed Greens Entrée Salad Crackers (2pk) 100% Apple Juice Fruit Cocktail 1% or Skim MilkClassic Chef Salad Turkey, Ham, Diced Egg Amer. Cheese & Grape Tomatoes Mixed Greens Entrée Salad Crackers (2pk) 100% Apple Juice Fruit Cocktail 1% or Skim MilkClassic Chef Salad Turkey, Ham, Diced Egg Amer. Cheese & Grape Tomatoes Mixed Greens Entrée Salad Crackers (2pk) 100% Apple Juice Fruit Cocktail 1% or Skim MilkClassic Chef Salad Turkey, Ham, Diced Egg Amer. Cheese & Grape Tomatoes Mixed Greens Entrée Salad Crackers (2pk) 100% Apple Juice Fruit Cocktail 1% or Skim MilkClassic Chef Salad Crackers (2pk) 100% Apple Juice Fruit Cocktail 1% or Skim MilkClassic Chef Salad Crackers (2pk) 100% Apple Juice Fruit Cocktail 1% or Skim MilkClassic Chef Salad Crackers (2pk) 100% Apple Juice Fruit Cocktail 1% or Skim MilkClassic Chef Salad Crackers (2pk) 100% Apple Juice Fruit Cocktail 1% or Skim MilkClassic Chef Salad Crackers (2pk) 1% or Skim MilkClassic Chef Salad Crackers (2pk) 1% or Skim MilkClassic Chef Salad Crackers (2pk) 1% or Skim MilkClassic Chef Salad <b< th=""><th></th><th></th><th>January 2023</th><th></th><th></th></b<>			January 2023		
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Egg Salad on Croissant W Lattuce & Tomato Three Bean Salad BLT Salad Chopped Bacon, Dice Tomatos over Mixed Greens Salad Chascic Chef Salad Chicken Pasta Salad over Mixed Greens Salad Greek Chicken Salad Monday 100% Grape Juice Or Dineapple Tidbits 100% Grape Juice Cherry Vanilla Yogur PC or Dine Pudding 10% Grape Juice Dinthdy Cake or Plain Cake 10% Grape Juice Dinthdy Cake or Plain Cake 1% or Skim Mik Graek Cripkin Monday Tuesday Wednesday Turkey & Cherdar 11% or Skim Mik Turkey & Cherdar Mathe Bread Senior Center Closed Tuesday Wednesday Turkey & Cherdar 11% or Skim Mik Tuesday Wednesday Monday Tuesday 118/272023 111/2023 112/2023 112/2023 112/2023 Senior Center Closed Tuesday Wednesday Turkey & Cheddar W Lettuce & Tomato Crackers (2pk) Turkey & Cheddar W Lettuce & Tomato Crackers (2pk) Turkey & Cheddar W Lettuce & Tomato Crackers (2pk) Direk Covie or Diel Covie Diel Ham Diceet ga Amer. Cheese & Grape Tomato	-	-	,	-	-
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or Pineapple Tidbits 1% or Skim Milk Cherry Vanilla Yogurt PC or Diet Pudding 1% or Skim Milk 100% Apple Juice Birthday Cake or Plain Cake Birthday Cake or Plain Cake 1% or Skim Milk 100% Fruit Punch Juice Apricat Halves 1% or Skim Milk Monday 1/16/2023 Tuesday 1/17/2023 Tuesday 1/17/2023 Thursday 1/17/2023 Friday 1/12/2023 Image: Comparison of the Pudding 1/16/2023 Roast Beef & Swiss on Marble Bread wit Letuce & Tomato Coleslaw Pear Slices 1% or Skim Milk Turkey Chef Salad Diced Turkey, Diced Egg Amer. Cheese & Grape Tomatoes Crackers (2pk) Sliced Ham & American on Wheat Bread wit Letuce & Tomato Carrot Raisin Salad Oatmeal Raisin Cookie or Diet Cookie Turkey & Cheddar with Learl Lettuce & Tomato Carrot Raisin Salad Monday 1/2/2023 Tuesday 1/22/2023 Yednesday 1/22/2023 Turkey Chef Salad Diced Turkey, Diced Egg Amer. Cheese & Grape Tomatoes Crackers (2pk) Turkey Chef Salad Diced Fam Applesauce 1% or Skim Milk Ham & American Cheese & Grape Tomatoes Crackers (2pk) Friday 1/27/2023 Turkey Chef Salad Diced Fam Applesauce 1% or Skim Milk Ham Chef Salad Diced Fam Applesauce 1% or Skim Milk Ham Chef Salad Diced Fam, Diced Egg Amer. Cheese & Grape Tomatoes Crackers (2pk) Turkey Chef Salad Turkey, Ham, Diced Egg Amer. Cheese & Grape Tomatoes Dice Skim Milk Turkey Chef Salad Turkey, Ham, Diced Egg					5
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Final 11/18/2022

*Salad dressing and Condiments available at senior centers

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