

Eastern Nebraska Office on Aging

**Deli Meals
January 2023**

Monday 1/2/2023	Tuesday 1/3/2023	Wednesday 1/4/2023	Thursday 1/5/2023	Friday 1/6/2023
 Senior Center Closed	Cranberry Chicken Salad with Grapes on Cinnamon Raisin Bread Marinated Vegetable Salad Mandarin Oranges 1% or Skim Milk	Roast Beef Chef Salad Roast Beef & Diced Egg Amer. Cheese & Grape Tomatoes Mixed Greens Salad Crackers (2pk) 100% Fruit Punch Juice Sugar or Diet Cookie 1% or Skim Milk	Three Meat Hoagie Turkey, Ham, Roast Beef & American Cheese on Wheat Hoagie Bun w/ Leaf Lettuce & Tomato Coleslaw Fruit Cocktail 1% or Skim Milk	Creamy Cheese Tortellini over Mixed Greens Salad w/ Grape Tomatoes & Black Olives Crackers (2pk) Diced Pears 1% or Skim Milk
Monday 1/9/2023	Tuesday 1/10/2023	Wednesday 1/11/2023	Thursday 1/12/2023	Friday 1/13/2023
Egg Salad on Croissant w/ Lettuce & Tomato Three Bean Salad Glazed Pineapple or Pineapple Tidbits 1% or Skim Milk	BLT Salad Chopped Bacon, Dice Tomato over Mixed Greens Salad Housemade Croutons 100% Grape Juice Cherry Vanilla Yogurt PC or Diet Pudding 1% or Skim Milk	Classic Chef Salad Turkey, Ham, Diced Egg Amer. Cheese & Grape Tomatoes over Mixed Greens Salad Crackers (2pk) 100% Apple Juice Birthday Cake or Plain Cake 1% Milk	Chicken Pasta Salad over Mixed Greens Salad Tomato Wedges Housemade Croutons Ambrosia Salad 1% or Skim Milk	Greek Chicken Salad Diced Chicken, Cucumber & Tomato over Mixed Greens w/ Greek Feta Dressing Crackers (2pk) 100% Fruit Punch Juice Apricot Halves 1% or Skim Milk
Monday 1/16/2023	Tuesday 1/17/2023	Wednesday 1/18/2023	Thursday 1/19/2023	Friday 1/20/2023
 Senior Center Closed	Roast Beef & Swiss on Marble Bread w/ Lettuce & Tomato Coleslaw Pear Slices 1% or Skim Milk	Turkey Chef Salad Diced Turkey, Diced Egg Amer. Cheese & Grape Tomatoes Crackers (2pk) 100% Fruit Punch Juice Applesauce 1% or Skim Milk	Sliced Ham & American on Wheat Bread w/ Lettuce & Tomato Carrot Raisin Salad Oatmeal Raisin Cookie or Diet Cookie 1% or Skim Milk	Turkey & Cheddar with Leaf Lettuce & Tomato on 1/2 Ciabatta Marinated Vegetable Salad Strawberry Shortcake or Plain Cake Square 1% or Skim Milk
Monday 1/23/2023	Tuesday 1/24/2023	Wednesday 1/25/2023	Thursday 1/26/2023	Friday 1/27/2023
Chicken Caesar Salad w/ Caesar Dressing Croutons Mixed Greens Entrée Salad 100% Grape Juice Fresh Orange 1% Milk	Ham & American Cheese Cheese on Vienna Bread w/ Lettuce & Tomato Carrot Raisin Salad Lemon Pudding or Diet Pudding 1% or Skim Milk	Roast Beef & Swiss on WG Bread w/ Lettuce & Tomato Potato Salad Glazed Pineapple or Plain Pineapple 1% or Skim Milk	Roast Beef Chef Salad Roast Beef & Diced Egg Amer. Cheese & Grape Tomatoes Mixed Greens Entrée Salad Crackers (2pk) 100% Apple Juice Cinnamon or Plain Apple Slices 1% or Skim Milk	Ham Chef Salad Diced Ham, Diced Egg Amer. Cheese & Grape Tomatoes Crackers (2pk) 100% Grape Juice Fudge Round or Diet Cookies 1% or Skim Milk
Monday 1/30/2023	Tuesday 1/31/2023			
Creamy Crab & Baby Shrimp Macaroni Salad on Mixed Greens Entrée Salad Tomato Wedges Crackers(2pk) Sliced Peaches 1% Milk	Classic Chef Salad Turkey, Ham, Diced Egg Amer. Cheese & Grape Tomatoes Mixed Greens Entrée Salad Crackers (2pk) 100% Apple Juice Fruit Cocktail 1% or Skim Milk			

Final 11/18/2022

*Salad dressing and Condiments available at senior centers

Menus Subject to Change