

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

Monday	Tuesday 11/1/2022	Wednesday 11/2/2022	Thursday 11/3/2022	Friday 11/4/2022
	Reuben Salad Sliced Corned Beef Sauerkraut & 1000 Island over Mixed Greens Salad Croutons Tropical Fruit Mix 1% or Skim Milk	Chicken Salad on Croissant w/ Lettuce & Tomato Cowboy Caviar Blueberry Muffin 1% or Skim Milk	Creamy Crab & Baby Shrimp Macaroni Salad on Mixed Greens Salad Tomato Wedges Crackers(2pk) Pear Slices 1% or Skim Milk	Egg Salad on Vienna Bread w/ Lettuce & Tomato Three Bean Salad Pineapple Tidbits 1% or Skim Milk
Monday 11/7/2022	Tuesday 11/8/2022	Wednesday 11/9/2022	Thursday 11/10/2022	Friday 11/11/2022
Turkey Chef Salad Diced Turkey, Diced Egg Amer. Cheese & Grape Tomatoes Mixed Greens Salad Crackers(2pk) 100% Grape Juice Pineapple & Strawberries 1% or Skim Milk	Black & Bleu Salad Roast Beef, Blue Cheese Caramelized Red Onion Mixed Greens Salad Crackers & 100% Apple Juice Fruit Cocktail 1% or Skim Milk	Roast Beef & Cheddar on Vienna Bread w/ Lettuce & Tomato Pea Salad Decorated Birthday Cake or Plain Cake Square 1% or Skim Milk	Classic Chef Salad Ham, Turkey, Diced Egg American & Grape Tomatoes 100% Fruit Punch WG Breadstick/Marg Diced Peaches 1% or Skim Milk	 Senior Center closed
Monday 11/14/2022	Tuesday 11/15/2022	Wednesday 11/16/2022	Thursday 11/17/2022	Friday 11/18/2022
Grilled Chicken Strip Salad w/ American Cheese, Grape Tomatoes & Black Olive over Mixed Greens Salad Crackers(2pk) 100% Apple Juice Mandarin Oranges 1% or Skim Milk	Italian Sandwich Turkey, Ham, Pepperoni Swiss American Cheese, Red Onions, Peperoncinis on Vienna Bread Sweet Potato Salad Butterscotch or Diet Pudding 1% or Skim Milk	BLT Supreme Salad Diced Turkey, Chopped Bacon Diced Tomato & Shred Cheese over Mixed Greens Salad Crackers(2pks) 100% Grape Juice Ambrosia 1% or Skim Milk	Roast Beef & Swiss on Honey Wheat Bread w/ Lettuce & Tomato Potato Salad Diced Pears 1% or Skim Milk	Ham Salad on Marble Bread w/ Lettuce & Tomato Pea Salad Fruit Mix 1% or Skim Milk
Monday 11/21/2022	Tuesday 11/22/2022	Wednesday 11/23/2022	Thursday 11/24/2022	Friday 11/25/2022
Chicken Caesar Salad w/ Caesar Dressing & Croutons over Mixed Greens Salad 100% Grape Juice Pear Slices 1% or Skim Milk	Turkey & American on WG Bread w/ Lettuce & Tomato Broccoli Salad Strawberry Yogurt Cup or Diet Pudding 1% or Skim Milk	Roast Beef Chef Salad Roast Beef, Diced Egg, Swiss Cheese & Grape Tomatoes over Mixed Greens Salad Crackers(2pk) 100% Fruit Punch Pumpkin Pie w/ Whip Topping or Diet Pudding 1% or Skim Milk	 Senior Center closed	Senior Center closed
Monday 11/28/2022	Tuesday 11/29/2022	Wednesday 11/30/2022		
Ham & Swiss on Vienna Bread w/ Lettuce & Tomato Coleslaw Sliced Peaches 1% or Skim Milk	Creamy Crab & Baby Shrimp Macaroni Salad over Mixed Greens Salad Tomato Wedges Crackers(2pk) Orange 1% or Skim Milk	Roast Beef Chef Salad Roast Beef, Diced Egg Amer. Cheese & Grape Tomatoes over Mixed Greens Salad 100% Fruit Punch Crackers(2pk) Pineapple 1% or Skim Milk		