

**Eastern Nebraska Office on Aging**

**Deli Meals**

**September 2022**

				<p align="center"><b>Thursday</b> <b>9/1/2022</b></p> <p>Ham &amp; American Cheese on WG Bread w/ Lettuce &amp; Tomato Carrot Raisin Salad Fruit Cocktail 1% or Skim Milk</p>	<p align="center"><b>Friday</b> <b>9/2/2022</b></p> <p>Classic Chef Salad Ham, Turkey, Diced Egg American &amp; Grape Tomatoes Mixed Greens Salad 100% Fruit Punch WG Breadstick/Marg Mandarin Oranges 1% or Skim Milk</p>
<p align="center"><b>Monday</b> <b>9/5/2022</b></p>  <p align="center"><b>Senior Centers</b> <b>Closed</b></p>	<p align="center"><b>Tuesday</b> <b>9/6/2022</b></p> <p>Creamy Cheese Tortellini over Mixed Greens Salad Grape Tomatoes &amp; Black Olives Housemade Croutons Vanilla Pudding or Diet Pudding 1% or Skim Milk</p>	<p align="center"><b>Wednesday</b> <b>9/7/2022</b></p> <p>Ham &amp; Swiss on Vienna Bread w/ Lettuce &amp; Tomato Pea Salad Fresh Orange 1% or Skim Milk</p>	<p align="center"><b>Thursday</b> <b>9/8/2022</b></p> <p>Classic Chef Salad Ham, Turkey, Diced Egg American &amp; Grape Tomatoes 100% Apple Juice WG Breadstick Sugar Cookie or Diet Cookies 1% or Skim Milk</p>	<p align="center"><b>Friday</b> <b>9/9/2022</b></p> <p>Ranch Chicken Salad on Kaiser Bun w/ Lettuce &amp; Tomato Broccoli Salad Applesauce 1% or Skim Milk</p>	
<p align="center"><b>Monday</b> <b>9/12/2022</b></p> <p>Tuna Salad on WG Bread w/ Lettuce &amp; Tomato Coleslaw Chocolate Chip Cookie or Diet Cookies 1% or Skim Milk</p>	<p align="center"><b>Tuesday</b> <b>9/13/2022</b></p> <p>Philly Cheesesteak Salad Roast Beef, Peppers, Onions, Shred Cheese over Mixed Greens Salad 100% Grape Crackers(2pk) Mandarin Oranges 1% or Skim Milk</p>	<p align="center"><b>Wednesday</b> <b>9/14/2022</b></p> <p>Roast Beef Chef Salad Roast Beef, Diced Egg Amer. Cheese &amp; Grape Tomatoes Mixed Greens Salad Crackers/100% Grape Juice Decorated Birthday Cake or Plain Cake Square 1% or Skim Milk</p>	<p align="center"><b>Thursday</b> <b>9/15/2022</b></p> <p>Italian Sandwich Turkey, Ham, Pepperoni Swiss American Cheese, Red Onions, Peperoncinis on Vienna Bread Sweet Potato Salad Pineapple 1% or Skim Milk</p>	<p align="center"><b>Friday</b> <b>9/16/2022</b></p> <p>Sliced Turkey &amp; American Cheese on Hamburger Bun w/ Lettuce &amp; Tomato Three Bean Salad Fudge Round or Diet Cookies 1% or Skim Milk</p>	
<p align="center"><b>Monday</b> <b>9/19/2022</b></p> <p>Chicken Caesar Salad w/ Caesar Dressing &amp; Housemade Croutons over Mixed Greens Salad 100% Grape Juice Diced Pears 1% or Skim Milk</p>	<p align="center"><b>Tuesday</b> <b>9/20/2022</b></p> <p>Ham &amp; American on Vienna Bread w/ Lettuce &amp; Tomato Marinated Vegetable Salad Ambrosia 1% or Skim Milk</p>	<p align="center"><b>Wednesday</b> <b>9/21/2022</b></p> <p>BLT Supreme Salad Diced Turkey, Chopped Bacon Diced Tomato &amp; Shred Cheese over Mixed Greens Salad Crackers(2pks) Vegetable Juice Straw. Shortcake or Plain Cake 1% or Skim Milk</p>	<p align="center"><b>Thursday</b> <b>9/22/2022</b></p> <p>Black &amp; Bleu Salad Roast Beef, Blue Cheese Caramelized Red Onion Mixed Greens Salad Crackers(2pk) 100% Apple Juice Apricot Halves 1% or Skim Milk</p>	<p align="center"><b>Friday</b> <b>9/23/2022</b></p> <p>Chicken Salad on Croissant w/ Lettuce &amp; Tomato Sweet Potato Salad Cherry Vanilla Yogurt PC or Diet Pudding 1% or Skim Milk</p>	
<p align="center"><b>Monday</b> <b>9/26/2022</b></p> <p>Ham Salad on Marble Bread w/ Lettuce &amp; Tomato Cowboy Caviar Pineapple Tidbits 1% or Skim Milk</p>	<p align="center"><b>Tuesday</b> <b>9/27/2022</b></p> <p>Turkey &amp; Cheddar on Vienna Bread w/ Lettuce &amp; Tomato Potato Salad Oreo Cookies or Diet Cookies 1% or Skim Milk</p>	<p align="center"><b>Wednesday</b> <b>9/28/2022</b></p> <p>Classic Chef Salad Ham, Turkey, Diced Egg American &amp; Grape Tomatoes Mixed Greens Salad 100% Apple Juice WG Breadstick Fruit Cocktail 1% or Skim Milk</p>	<p align="center"><b>Thursday</b> <b>9/29/2022</b></p> <p>Tuna Salad on Croissant w/ Lettuce &amp; Tomato Coleslaw Applesauce 1% or Skim Milk</p>	<p align="center"><b>Friday</b> <b>9/30/2022</b></p> <p>Roast Beef Chef Salad Roast Beef, Diced Egg American &amp; Grape Tomatoes over Mixed Greens Salad 100% Fruit Punch Crackers(2pk) Butterscotch or Diet Pudding 1% or Skim Milk</p>	

Final 5/27/2022

\*Salad dressing and Condiments available at senior centers

Menus subject to change