

EASTERN NEBRASKA OFFICE ON AGING

OCTOBER

CONG DELI MENU

	Tuesday 10/1/2024	Wednesday 10/2/2024	Thursday 10/3/2024	Friday 10/4/2024
	Roast Beef & Swiss on Kaiser Bun w/ Lettuce & Tomato Pea Salad Chocolate Chip Cookie or Diet Cookies 1% or Skim Milk	Classic Chef Salad Ham, Turkey, Diced Egg American & Grape Tomatoes over Mixed Greens Salad 100% Fruit Punch Crackers(2pk) Peaches and Strawberries 1% or Skim Milk	Ham & American Cheese on WG Bread w/ Lettuce & Tomato Carrot Raisin Salad Pineapple Tidbits 1% or Skim Milk	Turkey & Cheddar on Vienna Bread w/ Lettuce & Tomato Three Bean Salad Fresh Orange 1% or Skim Milk
Monday 10/7/2024	Tuesday 10/8/2024	Wednesday 10/9/2024	Thursday 10/10/2024	Friday 10/11/2024
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 Fudge Round or Diet Cookie 1% or Skim Milk	Hoagie/Hero/Grinder Day Three Meat Hoagie w/ Ham, Pepperoni & Roast Beef on WG Hoagie Bun w/ Lettuce & Tomato Broccoli Salad Birthday Cake or Plain Cake 1% or Skim Milk	Italian Herb Chicken Salad on Croissant w/ Lettuce & Tomato Potato Salad Fruit Mix 1% or Skim Milk	Sliced Ham & Cheddar on WG Bun w/ Lettuce & Tomato Cowboy Caviar Cinnamon Applesauce 1% or Skim Milk
Monday 10/14/2024	Tuesday 10/15/2024	Wednesday 10/16/2024	Thursday 10/17/2024	Friday 10/18/2024
Turkey & Swiss on Rye Bread w/ Lettuce & Tomato Coleslaw Fresh Apple 1% or Skim Milk	Chicken Caesar Salad w/ Caesar Dressing Parm. Cheese & Croutons over Mixed Greens Salad Crackers(2pk) 100% Orange Juice Mandarin Oranges 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) Apricot Halves 1% or Skim Milk	BLT Supreme Salad Diced Turkey, Chopped Bacon Diced Tomato & Shred Cheese over Mixed Greens Salad Crackers(2pks)/Vegetable Juice Tropical Fruit Mix 1% or Skim Milk
Monday 10/21/2024	Tuesday 10/22/2024	Wednesday 10/23/2024	Thursday 10/24/2024	Friday 10/25/2024
Turkey Pesto Club Sandwich on Vienna Bread Coleslaw Fresh Pear 1% or Skim Milk	Sliced Turkey & American Cheese on Hamburger Bun w/ Lettuce & Tomato Potato Salad Sliced Peaches 1% or Skim Milk	Classic Chef Salad Ham & Swiss Cheese Egg & Grape Tomatoes over Mixed Greens Salad 100% Orange Juice Crackers(2pks) Rice Krispy or Diet Cookie 1% or Skim Milk	Cobb Salad with Bacon, Diced Egg, Chicken, & Bleu Cheese Crumbles over Mixed Greens Salad 100% Apple Juice Crackers(2pkg) Cinnamon Pears 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
Monday 10/28/2024	Tuesday 10/29/2024	Wednesday 10/30/2024	Thursday 10/31/2024	
Turkey & Cheddar on WG Bread w/ Lettuce & Tomato Coleslaw Chocolate Pudding or Diet Pudding 1% or Skim Milk	Roast Beef & Cheddar on Kaiser Bun w/ Lettuce & Tomato Potato Salad Oatmeal Cream Pie or Diet Cookies 1% or Skim Milk	Chicken Salad on Croissant w/ Lettuce & Tomato Cowboy Caviar Fruit Cocktail 1% or Skim Milk	Uncrustable Peanut Butter & Grape Jelly Sandwich Fresh Celery Sticks Fresh Carrot Sticks Pumpkin Fluff 1% or Skim Milk	