

Eastern Nebraska Office on Aging

Deli Meals

April 2023

Monday 4/3/2023	Tuesday 4/4/2023	Wednesday 4/5/2023	Thursday 4/6/2023	Friday 4/7/2023
Creamy Cheese Tortellini over Mixed Greens w/ Grape Tomato & Black Olive Crackers(2pk) Cinnamon Pear Slices 1% or Skim Milk	Three Meat Hoagie Turkey, Ham, Roast Beef American Cheese w/ Lettuce & Tomato Pea Salad Fruit Cocktail 1% or Skim Milk	Turkey Chef Salad Diced Turkey, Diced Egg Amer. Cheese & Grape Tomatoes over Mixed Greens Crackers (2pk)/Apple Juice Jell-O Cake or Diet Jell-O Cake 1% or Skim Milk	Ham & Swiss Cheese on WG Bread w/ Lettuce & Tomato Carrot Raisin Salad Peanut Butter Cookie or Diet Cookies 1% or Skim Milk	Roast Beef Chef Salad Roast Beef, Diced Egg Amer. Cheese & Grape Tomatoes over Mixed Greens Crackers (2pk) 100% Apple Juice Mandarin Oranges 1% or Skim Milk
Monday 4/10/2023	Tuesday 4/11/2023	Wednesday 4/12/2023	Thursday 4/13/2023	Friday 4/14/2023
Crab Salad on Marble Bread w/ Lettuce & Tomato Cowboy Caviar Choc. Chip Oatmeal Bar or Diet Cookies 1% or Skim Milk	Chicken Caesar Salad w/ Croutons & Caesar Dressing over Mixed Greens 100% Grape Juice Ambrosia Salad 1% or Skim Milk	Deli Chicken & American Cheese on Vienna Bread w/ Lettuce & Tomato Coleslaw Decorated Birthday Cake or Plain White Cake 1% or Skim Milk	Turkey & Swiss on 1/2 Ciabatta Bun w/ Lettuce & Tomato Broccoli Salad Diced Pears 1% or Skim Milk	Classic Chef Salad Turkey, Ham, Diced Egg American & Grape Tomatoes over Mixed Greens Crackers (2pk) 100% Grape Juice Applesauce 1% or Skim Milk
Monday 4/17/2023	Tuesday 4/18/2023	Wednesday 4/19/2023	Thursday 4/20/2023	Friday 4/21/2023
Roast Beef & Cheddar on Wheat Bread w/ Lettuce & Tomato Carrot Raisin Salad Fresh Orange 1% or Skim Milk	Lemon Pepper Tuna Salad on Honey Wheat Bread w/ Lettuce & Tomato Sweet Potato Salad Peaches & Strawberries 1% or Skim Milk	Turkey Chef Salad Diced Turkey, Diced Egg Amer. Cheese & Grape Tomatoes over Mixed Greens Crackers(2pk) 100% Fruit Punch Fresh Banana 1% or Skim Milk	Cranberry Chicken Salad on a Croissant w/ Lettuce & Tomato Broccoli Salad Oatmeal Cream Pie or Diet Cookies 1% or Skim Milk	Roast Beef & Swiss on WG Bread w/ Lettuce & Tomato Potato Salad Glazed Pineapple or Pineapple Tidbits 1% or Skim Milk
Monday 4/24/2023	Tuesday 4/25/2023	Wednesday 4/26/2023	Thursday 4/27/2023	Friday 4/28/2023
Black & Bleu Salad Roast Beef, Blue Cheese Caramelized Red Onion over Mixed Greens Tomato Wedges Crackers & 100% Grape Juice Diced Peaches 1% or Skim Milk	Egg Salad on Croissant w/ Lettuce & Tomato Coleslaw Tropical Fruit Mix 1% or Skim Milk	Turkey & Cheddar on Kaiser Bun w/ Lettuce & Tomato Marinated Vegetable Salad Sliced Pears 1% or Skim Milk	BLT Salad Chopped Bacon, Diced Tomato over Mixed Greens Croutons 100% Fruit Punch Fruit Mix 1% or Skim Milk	Deli Sliced Chicken & American Cheese on WG Bread w/ Lettuce & Tomato Potato Salad Apple Cinnamon Muffin 1% or Skim Milk

Final 12/30/2022

*Salad dressing and Condiments available at senior centers

Menus Subject to change

